



Seeds for Healthy Eating Habits

Grow It, Try It, Like It Curriculum Training



SECTION 2

Teacher Training

Why is nutrition so important for young children?



Growth

Development

Lifelong eating habits

Why encourage good nutrition?



Only 29% of children consume vegetables daily



French fries make-up 25% of the vegetables children eat.



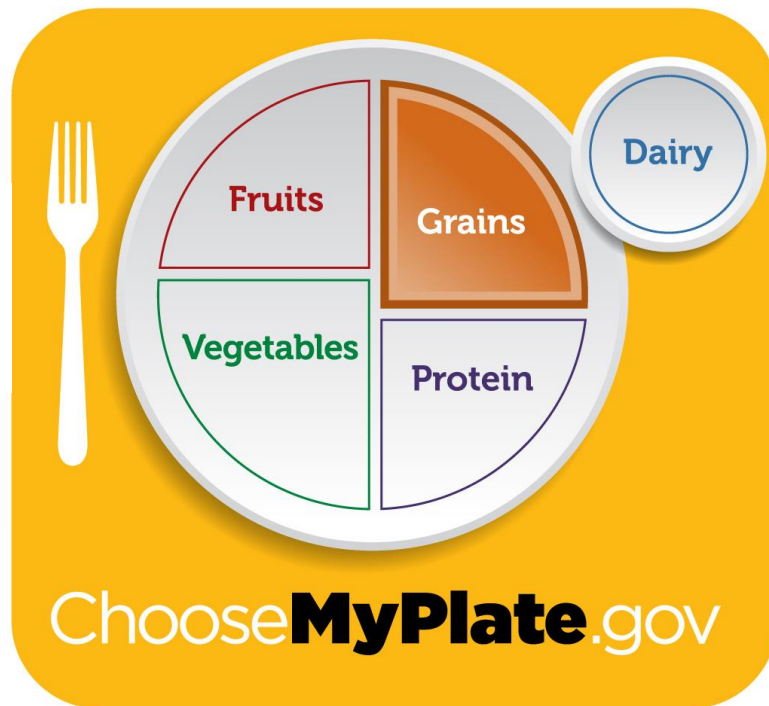
40% of kids' daily calories are from "empty calories"



Has anyone seen this image before?

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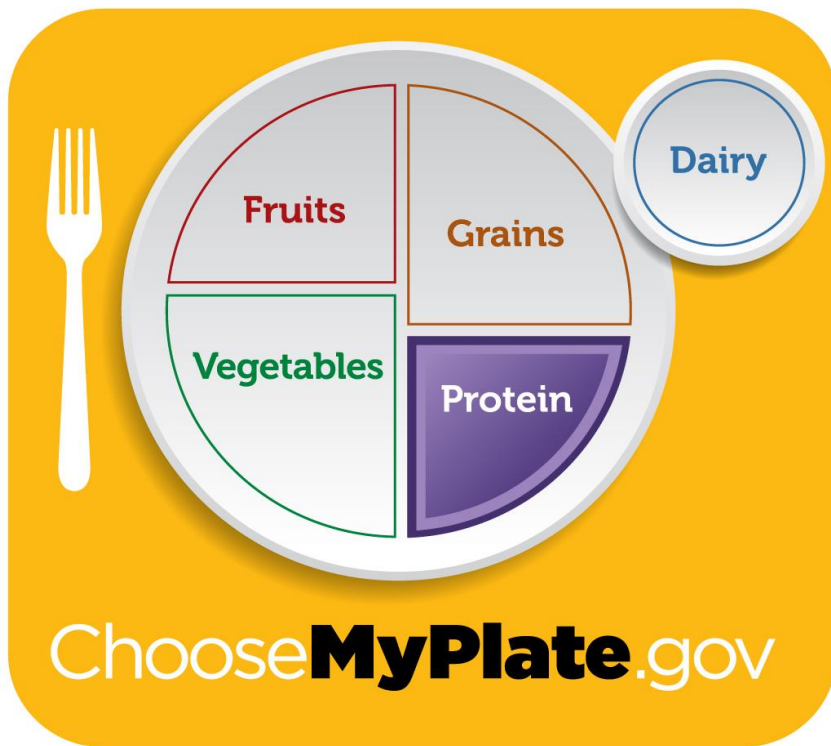




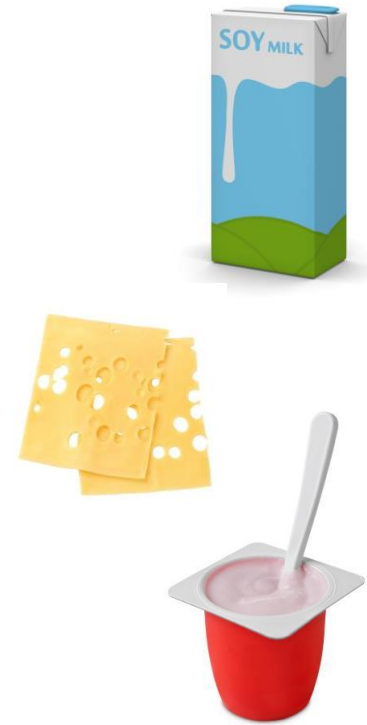
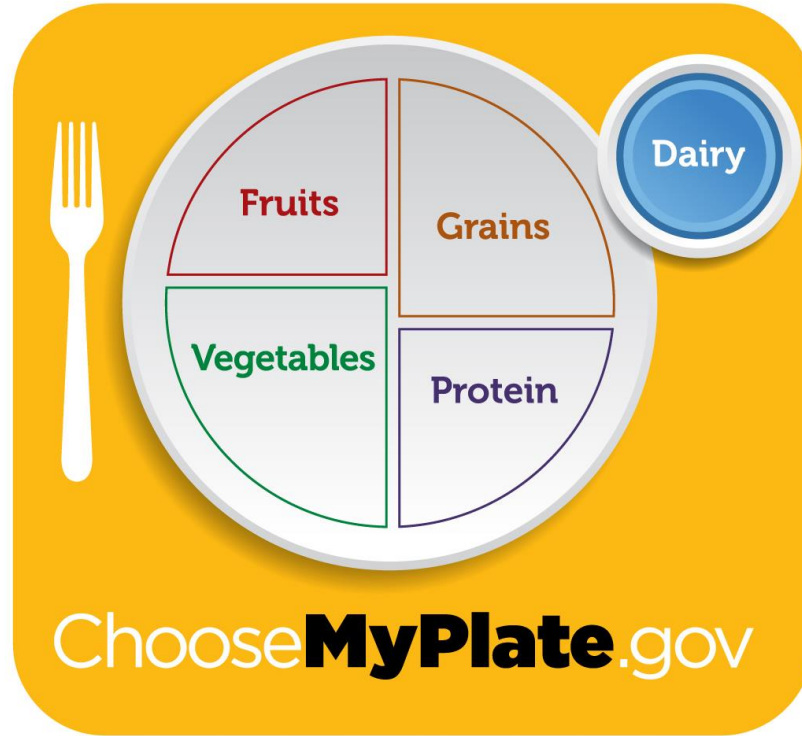
Make Half Your Grains Whole Grains

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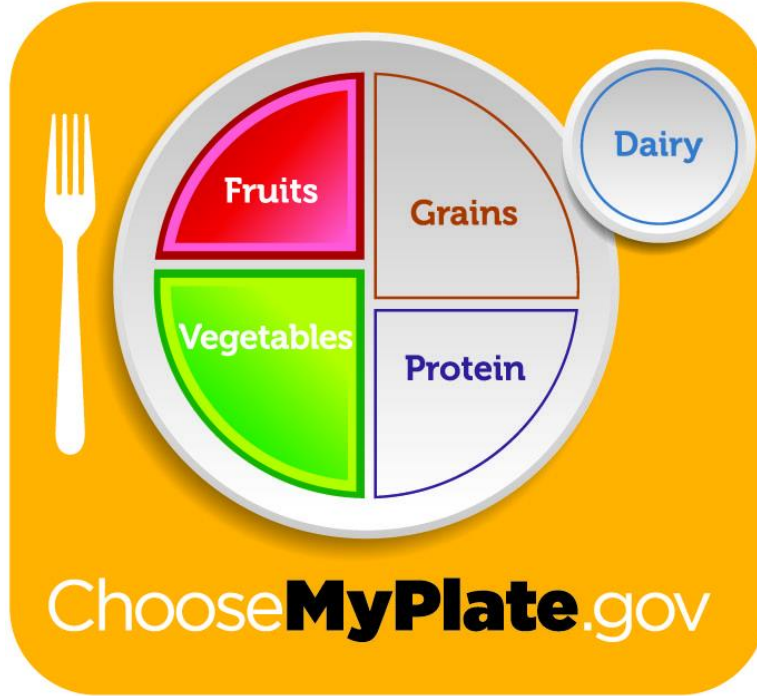




Vary your protein routine



Move to low-fat or fat-free milk or yogurt



Make half your plate Fruits and Vegetables

Yellow & Orange:
Keep your **EYES** healthy
and **SKIN** glowing.



Purple & Blue: Give you
BRAIN POWER to help you
learn and remember.



Green: Helps food
move through your
body for a healthy
STOMACH.



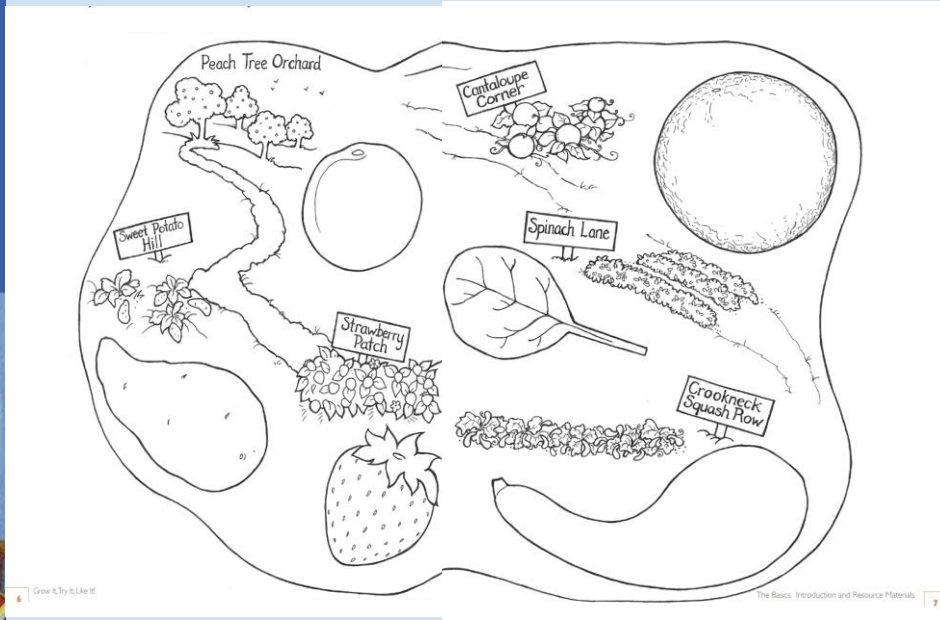
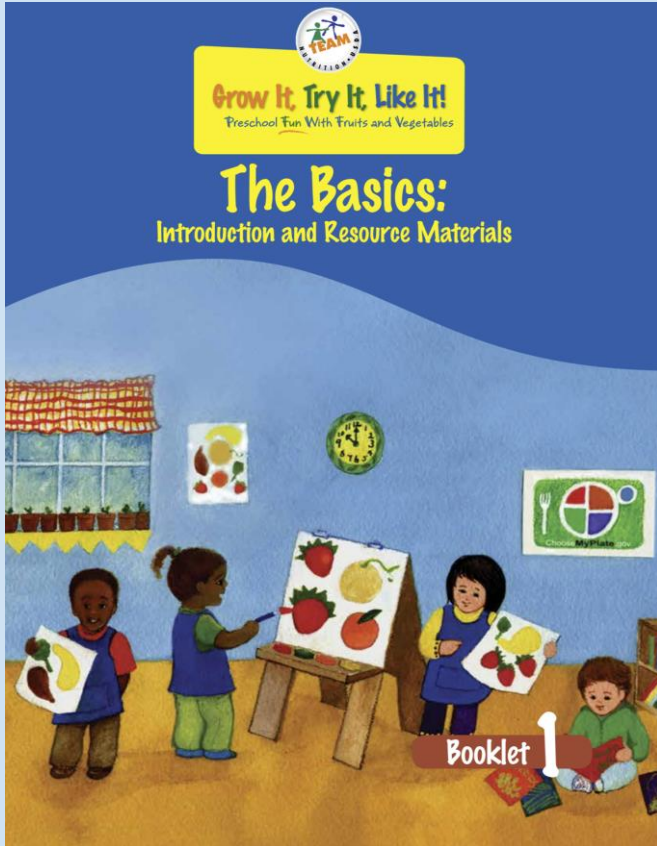
Red: Keeps your **HEART**
strong.



Brown, Tan & White: Keep your
MUSCLES strong and your
BODY safe from germs.



Get to know Grow it, Try it, Like it Curriculum



Booklet 1

Garden Art and Crafts

Garden Art and Crafts add wheelbarrows of fun to the fruit and vegetable units of *Grow It, Try It, Like It!* Young, budding artists enjoy making these produce-focused projects. The more time children spend engaged with fruits and vegetables, the more they will remember about produce.

Be sure to check each unit's Plan for Organizing the Activities section for ways to work the art and crafts into the activities you plan. Each art and craft is written with a specific fruit or vegetable example. Branch out and get creative! Any fruit or vegetable can be used as a theme for a great art or craft project. Connections to Garden Art and Crafts are listed on several activities in each unit; look for these ideas to expand the art and craft activities into daily lessons.

Little hands and fingers develop strength and fine art skills at different rates. Feel free to trim back the activities to match the skills of the children. A helpful adult hand may be all that is needed to stem the frustration budding artists can experience as they try new tasks. Use the resources in the Tool Shed Resources to create stencils, sponges, and other hand tools for children to use. For example, copy images of fruits and vegetables onto crack-and-peel paper. Attach the paper to foam sheets, sturdy cardboard, or thin plastic. Trim around the edges to create a set of models to trace.

Use the right tool for the job. The activities suggest different types of art supplies from crayons to pastel paints. Spend some time at a local art and craft store to identify the best tools, especially for young children. Use the varieties that you prefer.

Keep costs contained. Create a storage bin of supplies (e.g., cardboard, styrofoam trays, paper bags, newspapers and magazines, envelopes, outdated stationary) to keep costs low. Encourage families to contribute items.

Little hands and fingers develop strength and fine art skills at different rates. Feel free to trim back the activities to match the skills of the children.



Tool Shed Resources

Tool Shed Resources

Every farmer knows producing an abundant crop is easier when the right tools are at hand. Dig in and plow through the resources before you organize your teaching activities. Sprinkle a few of these tips, tricks, and techniques into the activities and watch the fun grow.



■ Growing at Home Introduction Letter to Parents

Sow the seeds of success! Send this letter home to families before starting the first unit.

■ Hand Washing/Polite Tasting Guides

Send a copy home with the introduction letter to have families tend the early growth of hand washing and polite tasting, two great habits.



■ Make a Mystery Box/Bag

Construct a simple mystery box or bag with these easy-to-follow instructions. The mystery box or bag may become a perennial favorite with the children, a resource you will want to use time and time again. If so, consider making a durable, washable version.

■ Tips for Using a Mystery Box/Bag

This resource is ripe with tips to make the most of the Mystery Box/Bag activity.

■ Ten Terrific Ways To Serve...

Children are more likely to try, taste, and eat new foods when given many different chances. Find 10 ways to serve each featured fruit and vegetable at meals and as snacks.



Grow It, Try It, Like It!



■ A Harvest of Books

Reap the rewards of reading to children. Stories can encourage food-tasting habits, prepare for planting activities, and entertain!

■ Green Thumb Guides

The Green Thumb Guides give easy-to-follow tips for growing a garden practically anywhere. Seasoned gardeners will find helpful hints, too.

- How to Grow a Seedling in a Bag
- Grow Seedlings Indoors
- Make a Seed Tape
- Container Gardens
- Gardening Outdoors



■ Fruit and Vegetable Drawings

Drawings of the fruits and vegetables from each lesson show growth, and ready for purchase in either grocery stores or farmers' markets.

■ Blackline Masters

Blackline masters of the fruits and vegetables from each lesson to be used in various activities and Growing at Home materials.

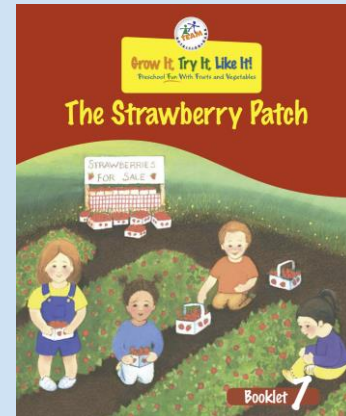
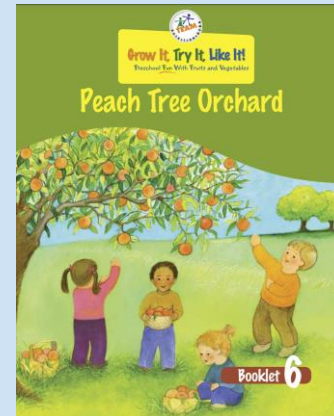
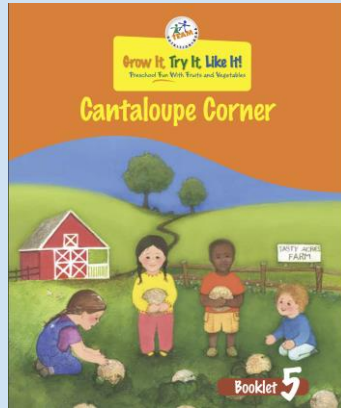
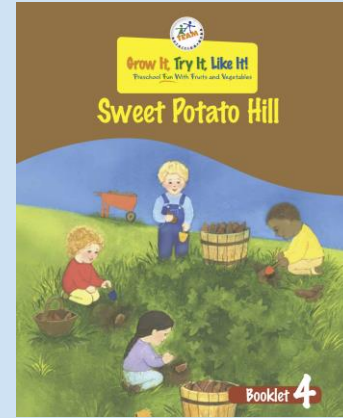
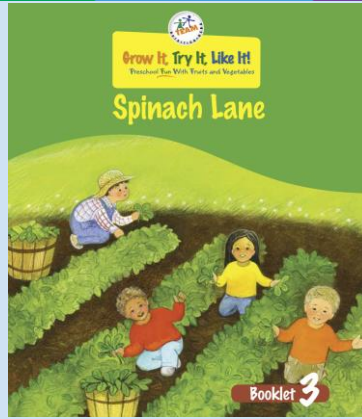
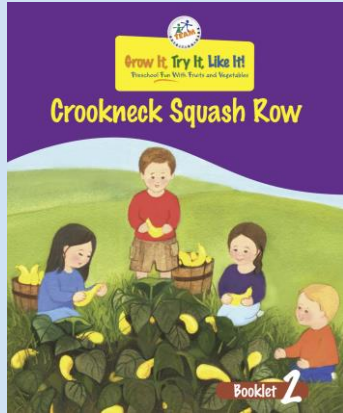
■ MyPlate Coloring Page

Give children a chance to color their very own MyPlate for Preschoolers.



The Basics: Introduction and Resource Materials

Booklets 2-7



Crookneck Squash



A. Lots to Know About Squash Hands-On Activities

Growing at Home Introduction Letter and Hand Washing and Polite Tasting Guidelines: Send a copy of these resources home before starting the first unit in *Grow It, Try It, Like It!* If you have already sent these resources home, you may omit this step. (See Booklet 1, Tool Shed Resources, page 42-44.)

Crookneck Squash Growing at Home #1: Send a copy of this resource home with each child at the start of Section A activities.

Variation: Substitute another summer squash, such as yellow, zucchini, sunburst, or patty pan squash for crookneck squash.

A1: Feel That Curvy Shape

Use the Mystery Box/Bag to create interest by having the children feel the outside of a crookneck squash before revealing the “mystery” item to all.

Objectives

The children will be able to:

- Identify a crookneck squash as a light weight, yellow vegetable with a curved neck;
- Describe the outside appearance and smell of a crookneck squash.

Before the Activity—Hand Washing and Polite Tasting

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).
- If this is the first activity involving food tasting, talk with the children about polite food tasting habits (see Booklet 1, Tool Shed Resources, page 44, for details).



Materials Needed

- Crookneck squash (can be the one used in Activity A1)
- Sharp knife
- Cutting board or surface
- Damp cloth and dry towel for wiping and drying hands
- Paper plates and napkins

What To Do Ahead of Time

- Prepare the crookneck squash—wash the outside of the crookneck squash well.
- Assemble supplies; keep the knife in a safe place until ready to use.

A2: Crookneck Squash...A Look Inside

Engage all the senses! The children will see and feel the inside of a crookneck squash, then smell and taste it.

Objectives

The children will be able to:

- Describe the appearance, smell, and taste of a crookneck squash;
- Tell that all of the crookneck squash can be eaten including the seeds, flesh, and peel.

Before the Activity—Hand Washing

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).



Activity Length:
15 minutes

The Activity

- Have the children gather around the area with the crookneck squash and cutting board. Review with children how to be safe around sharp knives: only adults use them, children keep their hands away, and do not touch sharp knives.
- Review what was learned about crookneck squash in Activity A1. If you didn't do Activity A1, tell the children you have a crookneck squash to share today.
- Tell the children crookneck squash grow on the ground. We have to wash the outside very well to remove soil and germs before we cut it open. Tell the children you have already washed the crookneck squash.
- Cut the crookneck squash in half to reveal the inside. Let the children know they will get to touch the inside if they want a little later.
- Cut a section of crookneck squash into small wedges with the peel and seeds intact. On a plate, give each child a small wedge of crookneck squash to look at, touch, and smell.

Materials Needed

- Two crookneck squash, well-scrubbed
- Container for crookneck squash pieces
- Serving spoon and napkins
- Mystery Box/Bag
- Paper and pencil

What To Do Ahead of Time

- Prepare bite-size pieces of crookneck squash and keep these pieces out of sight.
- Place one well-scrubbed whole crookneck squash in the Mystery Box/Bag.
- Make copies of Crookneck Squash Growing at Home #1—one set per child.
- Review Make a Mystery Box or Bag, as needed (see Booklet 1, Tool Shed Resources, page 45).

Strawberry Patch Activity

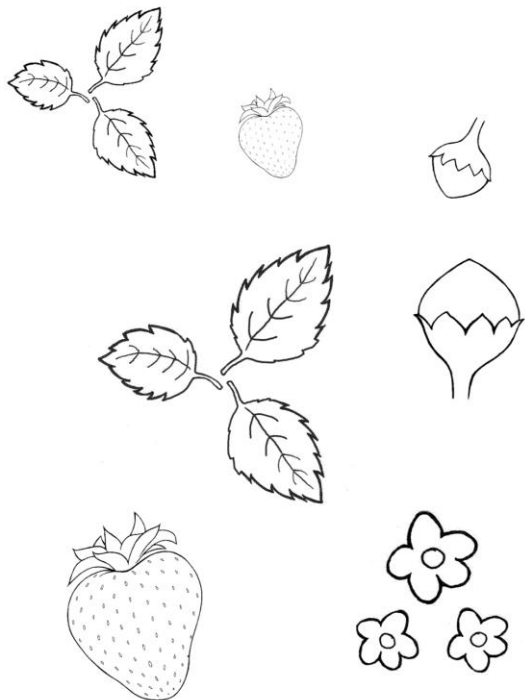
Strawberry Plant Parts

Materials Needed

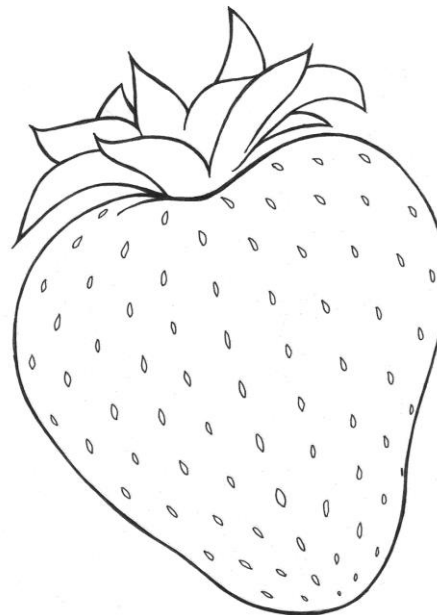
- Brown paper, 5 by 4 feet
- Strawberry Blackline Master, Tool Shed 1
- Drawings of strawberry parts (see Booklet 1, Garden Section, page 33)
- Crayons, markers, pencils (green)
- Blunt tip scissors
- Glue, glue sticks, tape

What To Do

- Post the brown paper on the wall in an easy-to-reach place.
- Make one copy of the Strawberry Blackline Master.
- Organize the table(s) for the activity.
- Plan to serve strawberry sauce (see Sauce Recipe for strawberry snack or make Terrific Watermelon Smoothie (Tool Shed, page 48).



Strawberry



Activity Length:
15 minutes

How to
Bud
Plant
Strawberry



How to
Plant
Garden
Markers

Activity Marker: Have students create a row marker for plants. If they garden they can use the marker for decoration or give it to someone who has a garden. (see Booklet 1, Garden Section, page 33).

RIELDS

Grow It, Try It, Like It!
 introduce food to children. It develops Early Learning Skills:
 • Grow It
 • Dev

Social & Emotional Development

RIELDS Components and Learning Goals:

Grow It, Try It, Like It! Curriculum Activities:

Component 1: Relationships with Others

Learning Goal 1.b:

Children engage in positive relationships and interactions with other children.

- Crookneck Squash Row
 - B1: Crookneck Squash Start as Seeds
 - B2: Plant a Crookneck Squash Seed
 - C1: Cool Puppy Pup's Crookneck Squash Lunch Party Video
 - D1: Savor the Flavor of Squash
- Spinach Lane
 - B1: Spinach Starts as Seeds
 - B2: Plant a Spinach Seed
 - C1: Cool Puppy Pup's Spinach Lunch Party Video
 - D1: Let Us Try More Leafy Greens
- Sweet Potato Hill
 - B1: Sweet Potatoes Grow from Eyes and Slips
 - B2: Start a Sweet Potato Slip
 - B3: Make a Pretend Sweet Potato Hill
 - C1: Cool Puppy Pup's Sweet Potato Lunch Party Video
 - D1: You Say Potato and I Say Potáto
- Cantaloupe Corner
 - B1: Cantaloupe Start as Seeds
 - B2: Plant a Cantaloupe Seed
 - C1: Cool Puppy Pup's Cantaloupe Lunch Party Video
 - D1: Meet Cantaloupe's Melon Friends
- Peach Tree Orchard
 - B1: Peach Trees Grow from Pits
 - B2: Make and Grow a Pretend Peach Tree

- C1: Cool Puppy Pup's Peach Lunch Party Video
- D1: Reach for the Peach
- Strawberry Patch
 - B1: Strawberries Start as Seeds
 - B2: Make a Pretend Strawberry Patch
 - C1: Cool Puppy Pup's Strawberry Lunch Party Video
 - D1: Meet Strawberry's Fruity Friends

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HELP or HINDER?

- Phrases that HELP:

- Encourage children to try new foods by pointing out their sensory appeal
- Teach children to recognize when he or she is full.
- Help the child feel like he or she is making the choice.

- Phrases that HINDER:

- Teach the child to eat for your approval or love.
- Use words that can teach the child to ignore fullness.
- Use food as a reward, which makes some foods seem better than others.
- Teach the child to eat to feel better instead of to eat when hungry.

You didn't eat enough of your lunch.

Help or **Hinder** ?



Do you want to try a little bit? If you don't like it,
you don't have to finish it.



or



?



Jenny, look at your friend.
She ate all her squash.

Help or **Hinder** ?





We can try these peppers again another day. Next time do you want to try them raw?



or



?



That's great that you're trying a new food today. Let me know how you like it.

Help or **Hinder** ?



I won't give you any carrots
because I know you don't like
them.

Help or **Hinder** ?

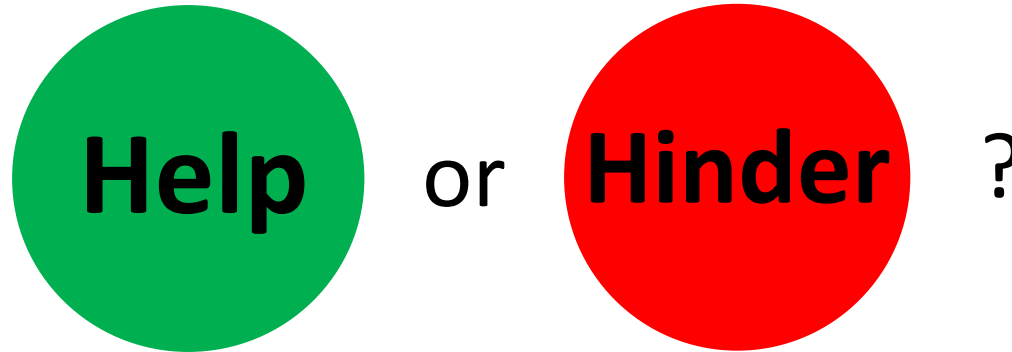


These radishes are
very crunchy!

Help or **Hinder** ?



I don't like cantaloupe either but
you should eat it because it's
good for you.



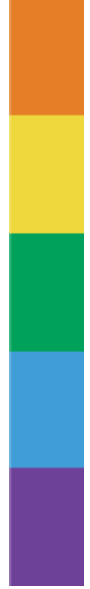
Maybe you'll decide to
try the spinach next
time.



or



?





Getting Started with Growing in the Classroom

Classroom Planting



Curriculum Connections

- **PHYSICAL HEALTH**

- Watering, planting for gross and fine motor
- Active work
- Unstructured and structured play and exploration

- **SOCIAL & EMOTIONAL**

- Building confidence
- Cooperative work
- Nurtures responsibility



Curriculum Connections

COGNITIVE LEARNING

- **SCIENCE**

- Exploring cause and effect
- Plant parts and what they need to grow
- Promotes environmental stewardship

- **SOCIAL STUDIES**

- Food traditions and cultures



Curriculum Connections

- **LANGUAGE/LITERACY**

- Vocab words about gardens, plants pollinators
- Reading recipes
- Reading stories

- **FAMILY ENGAGEMENT**

- Garden activities & events



Making Newspaper Pots



Seedlings aren't too picky about their containers! You can use cups, eggs cartons, or rinsed out yogurt containers to start plants in. One of our favorite methods? Newspaper pots! Check out the directions below or watch our demo on the next slide.

What you need?

- Newspaper, cut into strips about 6" wide
- A glass or other cylindrical container (bottle, rolling pin, etc.)

What to do?

1. Lay the glass sideways over the strip of newspaper. Align the glass with the edge of the paper and then push it inwards so the paper extends. You want the paper extension to reach past the center of the glass when folded up.
2. Start rolling the paper around the glass tightly.
3. Once the paper is completely rolled around the glass, tuck or pleat the extra paper hanging past the edge towards the center of the glass.
4. Press the glass down on the table to hold the shape of the bottom of the pot.

Making Newspaper Pots

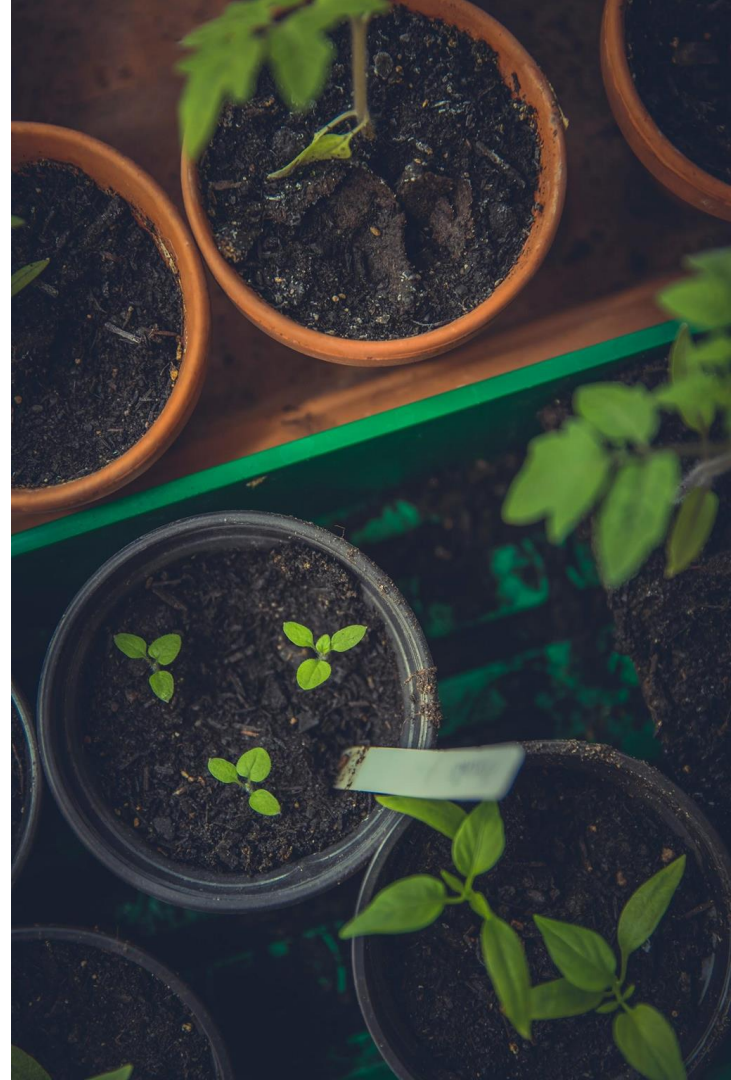


Planting 101



Planting 101

- Planted seeds don't need sunlight until you start to see green! After the plant sprouts, bring it to a sunny spot in the classroom.
- Touch the soil every few days. If it feels dry to the touch, water the plant. If it feels damp or wet, hold off on the water for another day or two. We want the soil to feel damp but not overly saturated or mud-like in consistency.
- Have impatient gardeners? Try growing radishes, basil, sunflowers, pea greens, or lettuce! They generally sprout in 7 days, although may take a touch longer in winter. And you can sample the leaves and stems of these plants



RI Grown Trivia!



How many farms are there in RI?

- a. 15
- b. 150
- c. 300
- d. 1200



What is the number one agricultural product in RI?

(Hint: this is not something you eat)

Turf or Grass!



Which of the following can grow in Rhode Island?


1. Corn
2. Peaches
3. Watermelon
4. Okra
5. Tomatoes
6. Only Corn & Tomatoes
7. All of the above



Which of these can I grow in my classroom?

1. Radishes
2. Lettuce
3. Peas
4. Beans
5. Herbs
6. All of the above




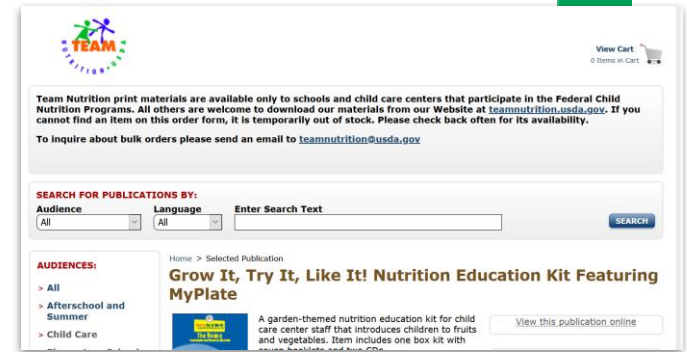


See “Connecting the Curriculum to the Garden, Classroom and Cafeteria” session for more ways to incorporate GiTiLi into all parts of your center!



How to order/ access materials

To download or order the curriculum, go to www.teamnutrition.usda.gov and click on “Order Team Nutrition resources” 



For staff training resources (facilitator guide, training slides, PD approval template & RIELDS alignment guide), go to www.ride.ri.gov/cnp/NutritionPrograms/USDATeamNutrition.asp

X

Thank you!



RIDE Child
Nutrition
Programs

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FARM FRESH RI
Farm to School & Community Education

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