



LESSON PLAN C

FRUIT FACES & VEGGIE MONSTERS

Time Frame: 30 minutes

Children will:

- Be able to correctly identify the names of each fruit and vegetable used on their edible art project.
- Follow simple steps to complete edible art using the specified number of items from each food group.

Materials:

- Assorted fruits and raw vegetables
- Optional accessories for edible art: String cheese, cheese chunks, thin pretzel sticks, dry spaghetti, black olives
- Paper plates
- Cutting board
- Blunt knives
- Toothpicks

Overview:

Children have fun with edible art!

Preparation:

Cut fresh fruit and vegetables into slices and chunks. Think of some fruit slices that could work as a face: slices of whole oranges, kiwis, apples (the core can be a nose!). Think of others that could work as eyes, ears, noses: blueberries, raisins, strawberries, banana slices... and hair: broccoli, cauliflower, baby carrots?

Part A. Funny Fruit Faces Activity

Instructions:

1. Choose 3–5 different kinds of fruit pieces. Arrange them on a paper plate.
2. Make eyes, noses, mouths and ears out of different cut-up pieces of fruits.
3. Take a picture of your fruit face. Give it a name!
4. Now pair up with another student and compare your two funny faces.
5. Introduce your fruit friends to each other. "This is my pet kiwi, Bob. He has blueberries for eyes and a strawberry mouth."

Part B. Veggie Monsters Activity

Instructions:

1. Create your own creature using 3–5 different pieces of cut-up vegetables. Arrange them on a paper plate.
2. Use foods from the other food groups to accessorize your monster. What can you use for hair? Broccoli, cauliflower, dried spaghetti or string cheese? Be creative!
3. Teachers may help children use toothpicks to make creatures three-dimensional.
4. Use words to introduce your creature to the other children in the class. For instance, “This is my carrot monster, Clarabelle. She has string-cheese hair and angry eyebrows made from black olives.”

Standards Alignment:

NAEYC

2.J.06 Children are provided many and varied open-ended opportunities to express themselves creatively through (a) music and (d) two- and three-dimensional art.

2.K.01 Children are provided varied opportunities and materials that encourage good health practices such as serving and feeding themselves, and good nutrition.

Head Start Child Development and Early Learning Framework

2.4 (Prekindergarten): Distinguishes food on a continuum from most healthy to less healthy.

2.5 (Prekindergarten): Eats a variety of nutritious foods.