



LESSON PLAN D

WHOLE FOODS WORKOUT

Time Frame: 30 minutes

Children will:

- Find success in preparing healthy and single-ingredient snacks.
- Learn how to safely use kitchen utensils while building fine motor skills.
- Follow directions and simple steps in food preparation.

Materials:

- Oranges or clementines
- Eggs
- Grapes
- Apples
- Plastic knives

Overview:

Prepping your own snack is a fun activity in and of itself. Plus, it motivates children to try more foods. Activities include peeling an orange and a hard-boiled egg, washing an apple and then slicing it with a blunt knife, counting the number of seeds in an apple, etc.

These activities help develop fine motor skills, building strength and dexterity in the fingers. It's satisfying and rewarding work that also fosters confidence and independence.

Suggested Activities:

Peel an Orange

Is it hard to get started? Use a plastic knife to cut an X shape at the top of the orange. Then dig your thumb under the skin to get the peeling process started. Peeling oranges is a wonderful sensorial experience as well, and the fragrant scent entices children to want to choose them as a snack.

Younger children might start with a clementine or tangerine, which are easier to peel. But for four- and five-year-olds, oranges are a good challenge and a great workout for the fingers!

Pluck Grapes off the Vine

Serve seedless grapes in clusters, rather than separated individually, and let little hands do the picking. They'll be

honing dexterity while engaging in the process. If you usually cut grapes in half for this age group, then show them how to do this themselves with a plastic knife.

Who Likes Hard-Boiled Eggs?

Many kids might say no at first, but once they get to peeling them on their own and cleaning off all the tiny bits of shell, they see them as not just a food but a fun activity too. Fine motor and practical life skills are developed while peeling hard boiled eggs (check about allergies first), and it's a good high-protein snack.

Here's a tip to make them easier to peel (and to ease frustration!): Add vinegar and salt to the water before boiling. Put your eggs in a pan, cover them with cold water, and then add $\frac{1}{4}$ cup of vinegar and a teaspoon of salt. Boil gently for 10 minutes and remove from heat. Then place the eggs in a bowl of ice water. Tap them gently if you like to slightly crack the shells. Once they're cooled, you can peel the eggs.

Family Connection:

Kitchen Prep Activity

Let your children help with meal preparation at home. Favorite tasks include:

- Husking corn
- Snapping green beans
- Opening snap peas

Suggested Resources for Parents and Caregivers:

- [MyPlate Tips for Preschoolers](#)
- [Healthy Eating for Preschoolers](#)
- [MyPlate Snack Tips for Parents](#)
- [Kid-friendly Veggies and Fruits](#)
- [Be a Healthy Role Model for Children](#)

Standards Alignment:

NAEYC

2.F.05 Children are provided varied opportunities and materials that help them understand the concept of measurement by using standard and non-standard units of measurement.

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.