



## LESSON PLAN G

# SUPERFOOD STORIES

**Time Frame:** One to three 30-minute sessions

### Materials:

- Books (see book list)
- Fruits and veggies for story-themed snack or edible art (see Activity A)

### **Overview:**

Add some color to story time with these books that focus on healthy foods. Snacks can follow the theme of the books to make it more special.

### Part A. Blueberry Bucket & Book Activity

#### **Students will:**

- Build comprehension by actively participating while listening to a book (Eat blueberries each time they hear “Kuplink.”)
- Activate prior knowledge from previous lessons to identify the food groups of the vegetables or fruits in each book.

#### **Materials for Activity A:**

- Small paper or plastic cups
- Single hole punch
- Pipe cleaners (one per student)
- Fresh blueberries, washed
- Serving spoons or measuring cup
- Book: *Blueberries for Sal*

**Time Frame:** 30 minutes

#### **Preparation:**

- Use a single hole punch to make two holes on opposite sides of each cup.
- You may either make the pipe-cleaner handle for each pail yourself in advance, or wait and allow students to do this part themselves.
- Rinse and drain blueberries and place in a large, shallow bowl.

#### **Instructions:**

1. Tell students they’re going to make their own pail for blueberries — just like Sal’s in *Blueberries for Sal*. Explain that pail is another word for a bucket.
2. Show students how to make a handle for their pail with a pipe cleaner. Model the activity while you speak.

3. Take a pipe cleaner and poke one end through one of the holes. Then poke the other end through the other hole. Move the pipe cleaner so that it's centered in the middle.
4. Leave enough slack in the middle and shape it into a curved handle. Then twist each end up and around the handle, in a tight or loose pattern.
5. Allow students to serve themselves from the bowl of blueberries, using a  $\frac{1}{4}$  or  $\frac{1}{2}$  cup measuring cup or a large serving spoon.
6. Read the book aloud to the class. You might suggest that children pace themselves and eat a few berries whenever Sal does in the book. Or whenever they hear the words, *Kuplink, kuplank, kuplunk!*

*Blueberries for Sal* by Robert McCloskey

[https://www.amazon.com/Blueberries-Sal-Robert-McCloskey/dp/014050169X/ref=sr\\_1\\_1?ie=UTF8&qid=1528060319&sr=8-1&keywords=blueberries+for+sal](https://www.amazon.com/Blueberries-Sal-Robert-McCloskey/dp/014050169X/ref=sr_1_1?ie=UTF8&qid=1528060319&sr=8-1&keywords=blueberries+for+sal)

*Kuplink, kuplank, kuplunk!* Sal and her mother spend the day picking blueberries to can for the winter. It's hard for Sal to resist eating the berries along the way! (Grade Level: Pre-K)

### **Alternative Books & Activities:**

#### **Veggie Cars!**

Read the *Fast Food* book to the class and pair it up with a food sculpture activity. What creative ideas can kids come up with for cucumber slices (wheels?), whole carrots (race cars?), celery (sleds?).

*Fast Food* by Saxton Freymann and Joost Eiffers

<https://www.scholastic.com/teachers/books/fast-food-by-joost-elffers/>

Vegetables are transformed into vehicles of every size and speed! Kids will love seeing pictures of these clever food sculptures. (Grade Level: Pre-K–2)

Veggie Racecar Poster

[https://fns-prod.azureedge.net/sites/default/files/diginposter\\_racecar.pdf](https://fns-prod.azureedge.net/sites/default/files/diginposter_racecar.pdf)

Download this fun poster and display it near your activity table for inspiration!

Dragon Breath!

Pair this hilarious read-aloud book with whole-wheat cheese quesadillas and (mild) salsa!

*Dragons Love Tacos* by Adam Rubin

[https://www.amazon.com/Dragons-Love-Tacos-Adam-Rubin/dp/0803736800/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1527606200&sr=1-1&keywords=dinosaurs+love+tacos](https://www.amazon.com/Dragons-Love-Tacos-Adam-Rubin/dp/0803736800/ref=sr_1_1?s=books&ie=UTF8&qid=1527606200&sr=1-1&keywords=dinosaurs+love+tacos)

If you want to lure a bunch of dragons to your party, you should definitely serve tacos. But beware the hot salsa! (Grade Level: Pre-K–2)

### **Part B. Other Recommended Reading**

Here are some other recommended titles for Superfood Stories in your classroom:

#### ***Fruits and Vegetables***

*Eating the Alphabet* by Lois Ehlert

[https://www.amazon.com/Eating-Alphabet-Lois-Ehlert/dp/015201036X/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1527606550&sr=1-1&keywords=eating+the+alphabet+by+lois+ehlert](https://www.amazon.com/Eating-Alphabet-Lois-Ehlert/dp/015201036X/ref=sr_1_1?s=books&ie=UTF8&qid=1527606550&sr=1-1&keywords=eating+the+alphabet+by+lois+ehlert)

Lists healthy foods for each letter of the alphabet and includes some less common foods that preschoolers might like to try. (Grade Level: Pre-K)

*Growing Vegetable Soup* by Lois Ehlert

[https://www.amazon.com/Growing-Vegetable-Soup-Voyager-Books/dp/0152325808/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1527606616&sr=1-1&keywords=growing+vegetable+soup+by+lois+ehlert](https://www.amazon.com/Growing-Vegetable-Soup-Voyager-Books/dp/0152325808/ref=sr_1_1?s=books&ie=UTF8&qid=1527606616&sr=1-1&keywords=growing+vegetable+soup+by+lois+ehlert)

Green bean, pea, corn, zucchini squash and carrot seeds are planted in soil. Then it's time for weeding, harvesting, washing, chopping and cooking! A recipe for vegetable soup tops it all off. (Grade Level: Pre-K)

*The Vegetables We Eat* by Gail Gibbons

[https://www.amazon.com/Vegetables-We-Eat-Gail-Gibbons/dp/0823421538/ref=sr\\_1\\_1?ie=UTF8&qid=1528149638&sr=8-1&keywords=the+vegetables+we+eat+by+gail+gibbons](https://www.amazon.com/Vegetables-We-Eat-Gail-Gibbons/dp/0823421538/ref=sr_1_1?ie=UTF8&qid=1528149638&sr=8-1&keywords=the+vegetables+we+eat+by+gail+gibbons)

This book includes everything you need to know about the rainbow of vegetables, with lots of colorful illustrations as well. (Grade Level: Pre-K–2)

*The Fruit We Eat* by Gail Gibbons

[https://www.amazon.com/Fruits-We-Eat-Gail-Gibbons/dp/0823435717/ref=pd\\_bxgy\\_14\\_img\\_2?encoding=UTF8&pd\\_rd\\_i=0823435717&pd\\_rd\\_r=FPMKDE6FZ6YKX8ZBCW47&pd\\_rd\\_w=QVPre&pd\\_rd\\_wg=9LOyn&psc=1&refRID=FPMKDE6FZ6YKX8ZBCW47](https://www.amazon.com/Fruits-We-Eat-Gail-Gibbons/dp/0823435717/ref=pd_bxgy_14_img_2?encoding=UTF8&pd_rd_i=0823435717&pd_rd_r=FPMKDE6FZ6YKX8ZBCW47&pd_rd_w=QVPre&pd_rd_wg=9LOyn&psc=1&refRID=FPMKDE6FZ6YKX8ZBCW47)

An inviting, information-packed cornucopia of favorite fruits. Learn about the parts of fruits, where and how they grow, harvesting, processing, where to buy them, and how to enjoy them as part of a healthy diet. (Grade Level: Pre-K–2)

### ***Funny Books***

*Chicks and Salsa* by Aaron Reynolds

<https://www.amazon.com/gp/product/1599900998?ie=UTF8&tag=thewaspos09-20&camp=1789&linkCode=xm2&creativeASIN=1599900998>

What happens at Nuthatcher Farm when the chickens get tired of the same old chicken feed? They whip up a scrumptious snack of chips and salsa, made with vegetables from the farmer's garden. (Grade Level: Pre-K–2)

*Creepy Carrots!* by Aaron Reynolds and Peter Brown

[https://www.amazon.com/Creepy-Carrots-Aaron-Reynolds/dp/1442402970/ref=sr\\_1\\_1?ie=UTF8&qid=1528066651&sr=8-1&keywords=creepy+carrots](https://www.amazon.com/Creepy-Carrots-Aaron-Reynolds/dp/1442402970/ref=sr_1_1?ie=UTF8&qid=1528066651&sr=8-1&keywords=creepy+carrots)

Jasper Rabbit is a rabbit who loves carrots so much, maybe too much, and he eats them everywhere. But are the carrots following him? This book is particularly enjoyable to read while snacking on a few carrot sticks. (Grade Level: Pre-K–2)

### ***Picky Eaters***

*I Will Never Not Ever Eat a Tomato (Charlie and Lola Series)* by Lauren Child

[https://www.amazon.com/Will-Never-Ever-Tomato-Charlie/dp/0763621803/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1527606314&sr=1-1&keywords=i+will+never+not+ever+eat+a+tomato](https://www.amazon.com/Will-Never-Ever-Tomato-Charlie/dp/0763621803/ref=sr_1_1?s=books&ie=UTF8&qid=1527606314&sr=1-1&keywords=i+will+never+not+ever+eat+a+tomato)

Lola is a fussy eater. A very fussy eater. She won't eat her carrots (until her brother Charlie reveals that they're orange twiglets from Jupiter). There are many things Lola won't eat, including — and especially — tomatoes. Or will she? (Grade Level: Pre-K–2)

*Monsters Don't Eat Broccoli* by Barbara Jean Hicks

[https://www.amazon.com/Monsters-Dont-Broccoli-Barbara-Hicks/dp/038575521X/ref=sr\\_1\\_7?s=books&ie=UTF8&qid=1527606314&sr=1-7&keywords=i+will+never+not+ever+eat+a+tomato](https://www.amazon.com/Monsters-Dont-Broccoli-Barbara-Hicks/dp/038575521X/ref=sr_1_7?s=books&ie=UTF8&qid=1527606314&sr=1-7&keywords=i+will+never+not+ever+eat+a+tomato)

These monsters insist they don't like broccoli. They'd rather snack on tractors or a rocket ship or two, or tender trailer tidbits, or a wheely, steely stew. But boy do those trees they're munching on look an awful lot like broccoli. Maybe vegetables aren't so bad after all! (Grade Level: Pre-K–2)

*Bread and Jam for Frances* by Russell Hoban

[https://www.amazon.com/Bread-Jam-Frances-Read-Level/dp/0060838000/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1528150305&sr=1-1&keywords=jam+for+frances](https://www.amazon.com/Bread-Jam-Frances-Read-Level/dp/0060838000/ref=sr_1_1?s=books&ie=UTF8&qid=1528150305&sr=1-1&keywords=jam+for+frances)

Frances is a fussy eater. In fact, the only thing she likes is bread and jam. Unless Mother can come up with a plan, Frances just might go on eating bread and jam forever! (Grade Level: Pre-K–2)

### **Family Connection:**

#### **Same But Different**

Try new variations of something you've already tried. How about FROZEN peas or blueberries? A frozen wedge of watermelon on a popsicle stick? Do you like frozen ones better or not? Don't like tomatoes? How about CHERRY tomatoes? Try some variations on same-old foods at home and report back to your classmates and teacher! Is there a winning idea everyone would like to try in the classroom?

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.E.04 Children have varied opportunities to (a) be read books in an engaging manner in group or individualized settings at least twice a day in full-day programs and once daily in half-day programs; (g) engaging conversations that help them understand the content of the book.

2.J.06 Children are provided many and varied open-ended opportunities to express themselves creatively through (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.