

Tips for Busy Early Childhood Professionals



is for Berries

- Berries come in many colors—including red, blue/purple, black/purple, golden, and amber.
- Some berries taste sweet, others taste tart.
- Different types of berries include the strawberry, blueberry, raspberry, and blackberry.
- Berries provide a source of fiber, and vitamin C.

Photos: Network for a Healthy California

Berry Yogurt Parfait

Makes 25 servings. ¼ cup berries, ¼ cup yogurt, and 1 tablespoon granola per taste.

INGREDIENTS:

- 3 ⅓ cups strawberries (or an assortment of berries)
- 3 ⅓ cups lowfat vanilla yogurt
- 1 ½ cups lowfat granola

SUPPLIES:

- colander, large serving bowl, 2 small bowls,
- 3 tablespoons
- small clear plastic cups, napkins, plastic spoons

PREPARATION:

1. Place berries in colander and gently rinse and drain. Remove green tops and stems from strawberries; slice and place in large serving bowl.
2. Put yogurt and granola into separate bowls.
3. Have each child measure 1 tablespoon each of yogurt and berries, and ½ tablespoon of granola into his/her cup. Repeat, making another layer of 1 tablespoon each of yogurt and berries, and ½ tablespoon of granola.

Nutrition information per serving:

Calories 55, Carbohydrates 10g, Dietary Fiber 1g, Protein 2g, Total Fat 1g, Saturated Fat 0g, Trans fat 0g, Cholesterol 2mg, Sodium 33mg.

Adapted from:

Go Glow Grow, A Nutrition Curriculum for Preschoolers, University of California Cooperative Extension – Food Stamp Nutrition Education Program, Regents of the University of California, 2006.

For more information, visit:

<http://www.fruitsandveggiesmatter.gov/month/berries.html>
<http://www.cachampionsforchange.net>



Book Recommendations:

Grow Your Own Smoothie
by John Malam

For more information, visit:

www.harvestofthemonth.com
www.fruitsandveggiesmatter.gov

Cooking in the Preschool Classroom

provides many benefits to children

- Children can help rinse and pick off any stems.
- They can put yogurt and granola into the serving bowls.
- Each child can serve themselves, measuring their own yogurt, berries, and granola.

- Everyone wash hands before cooking and eating.
- Children can help wash berries.
- Children can help clean up food preparation and eating areas.

Creating a Child-Friendly Environment:

- Discuss the bright colors of the different berries with the children. Emphasize that colorful fruits and vegetables help them stay healthy.

Food Safety and Sanitation:

- Clean food preparation areas and utensils before cooking.

Activity:

Shopping at the Farmers' Market



Children will go shopping and each will pick up four fruits or vegetables of different colors, while using their bodies as grocery baskets and placing the produce inside the baskets with one hand. It requires hand-eye coordination, physical activity, literacy, and nutrition.

MATERIALS

- CD player and lively music (optional).
- Sheets of paper of different colors which represent fruits and vegetables--one per child. Make a list of fruits and vegetables representing each of the colored sheets.
- With each colored sheet make a ball for each child. Make some extra balls in case they are needed. If you have plastic fruits and vegetables, use them instead of colored sheets.
- A variety of empty containers (e.g., boxes, laundry baskets, etc.)



WHAT TO DO NEXT

1. **Before the children arrive:** Set up the CD player with lively music. Set up empty containers in the play area.
2. **Explain to the children:** We will be using our bodies as grocery baskets while we shop at the Farmers' Market. Each child will carry 4 different colorful balls (fruit or vegetable). Children should move near an empty box and throw the balls into the empty container.



3. **Have the children practice:** Sit on the ground with hands and feet flat on the floor. Ask children to lift their bottoms off the floor and move around the play area using their hands and feet. Let the children take a break by sitting on their bottoms, before continuing with the activity.
4. **Remind the children:** To be strong they need to eat fruits and vegetables of different colors. Show the list of colorful produce you have listed.
5. **Challenge the children:** Walk around the play area on their hands and feet with their paper ball balanced on their bellies. Ask children to move towards an empty container and throw their fruit or vegetable into the container. Ask the children what fruit and/or vegetable they picked up and placed in the basket.
6. **Bring children back to the floor:** Take a deep breath in and exhale. Stretch up to the sky with one arm and repeat with the other arm. Applaud at the end of the activity.
7. **Before cooking:** Ask each child to tell you what fruit or vegetable they purchased at the Farmers' Market or supermarket. Have children wash their hands and get ready to prepare and taste the recipe from the front page.

Connections to California Department of Education,
Desired Results Developmental Profile – Preschool (2010)

Activity: DRDP-PS: SSD:8,12; LLD:1,2; COG:1 2,5; PD:3; HLTD: 2,3.

Cooking: SSD:5,8,12; COG:5; PD:3; HLTD:3.

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.