

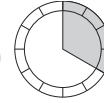


Lesson Plans – **Family** **Session Four**



Session 4 — Food Exploration

(20 minutes)



Materials Needed:

- Knotted rope from Family Session 1 to form a circle
- Raw cabbage (or other unique food) in tasting cups
- Senses icon posters

Say:

“Now, let’s have the children who are going to child care go with _____. Please follow them to the other room.”

Say to the others in the room:

“Parents and preschool children, let’s come make our circle.”

Use the rope that has been tied to the correct size from Family Session 1.

Sing family session gathering song.

Parent Tasting Activity

Make sure you have the cabbage samples in cups and ready for the parents and children to explore.

Say:

“Each week when we meet we have tried exploring different foods. Before we go to the parent and child sessions, we have an exploring foods game for you all. It’s called ‘Who Can Guess it First?’”



Say:

“We’d like for all of you, parents and children, to explore the food on the tables and see who can guess what the food is.”

Say:

“Remember, you can explore the food by looking at it, touching it, smelling it, listening to the sound it makes, or tasting it.”

Allow parents and children a few minutes to explore the food (the raw cabbage).

Ask:

“Who would like to take a guess and name the food we just tried?”

Ask:

“What did you notice about how this food looked?”

Ask:

“What did you notice about the smell of this food?”

Say:

“Great job exploring everyone! Exploring foods together can be a fun thing for families to do together!”



Circle Up

Family Closing Transition to Child and Parent Sessions
Facilitator invites the families to come together in a circle.

Say:

“Let’s have everyone join the circle again. Hold on to a piece of the rope.”

The facilitator who leads this activity checks visually that everyone is attached to the circle.

Say:

“We’re all going to work together in this class. Let’s practice that right now by pulling the line until it is tight and makes a lovely circle. When we keep our circle like this we are all contributing.”

Say:

“Today the children are going to try another new food in their session. They’re going to read a story called **Lunch** about a mouse. They’ll do some other activities, too, about trying new things and how their stomachs are feeling when they eat.”

Say:

“Let’s say goodbye until the end of the class.”

Allow the tension on the line to relax. At this point, ask the parents to put the line on the floor at their feet. They step out, and parents and children go to their separate class sessions. The parent facilitator gathers the line and stows it for the next session.

Developed by The SEEDS Research Team, Baylor College of Medicine Children’s Nutrition Research Center and Washington State University Extension.
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