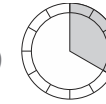




Lesson Plans – **Family** **Session Five**



Session 5 — Making a Fruit or Veggie Man (20 minutes)



Materials Needed:

- Knotted rope to form a circle
- Pre-cut colorful fruit and/or vegetables
- Paper plates for the “fruit or veggie” men
- Plastic wrap or gallon Ziploc® bags
- Permanent markers to put names on plastic wrap or Ziploc® bags

Say:

“Now, let’s please have the children who are going to child care follow _____ 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 the first session.

Sing family session gathering song.



Fruit and/or Veggie Men

Note to Facilitator: Video #4: “Introducing New Foods” shows you in the end scene how to make a veggie man. You may want to review this to give you ideas of where to start. Fruit works just as well, too. Or you could have a mix of fruits and veggies. Have a sample of a (*fruit/veggie, or both*) man on a plate for the parents and children to see what you’re talking about.

Say:

“Now we are going to put together (*fruits and veggies*) in a new fun way that we are going to send home with you all to enjoy as a snack.”

Have parents and children put the rope on the ground, leave the circle, and go to their tables.

Say:

“Parents, in one of the videos you saw a mom and her child making a veggie man. This is a fun way of getting children involved in helping prepare a meal or snack, and a fun way to introduce new foods to explore. Parents, you can make a (*veggie or fruit, or both*) man, and children can make one for them to try. Please make one for your other family members in child care, too. This snack idea is a great way of trying things in a fun way.”



After a few minutes of the activity:

Say:

“As you’re putting together your *(fruit/veggie)* men, think about your senses. What do the foods look like? How do they feel? How do they smell?”

At the end of the activity:

Say:

“Cover your *(veggie/fruit)* men with the plastic wrap *(or Ziploc® bag)*. Use the permanent marker to write your name. We will keep them in the refrigerator while you are at your sessions. We want to make sure that the veggies/fruit stay(s) cool in the fridge *(or in the cooler)* so that it’s safe for you to eat later when you take them home.”

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. Grab on to a part 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 about a feast. They’re going to do some other activities about trying new things and how their stomachs are feeling when they eat.”

Say:

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

Children should leave the circle with the child facilitators to go to their child session.

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, go to their class, and the parent leader 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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Illustrations: Brian White

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