

I Will Never Not Ever Eat A Tomato

Lesson Plan

Goal

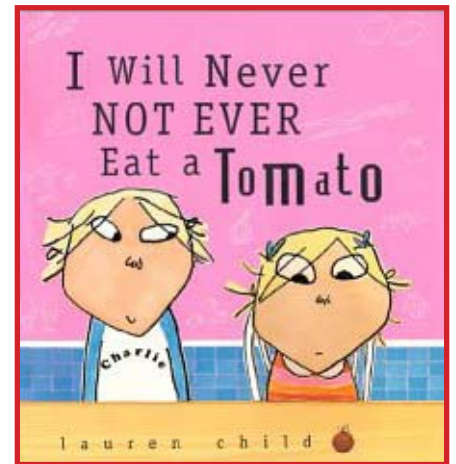
To promote nutrition education, physical activity, and literacy with young children.

Objectives for Children

- The children will name one fruit or one vegetable.
- The children will name one new food that they will taste.

Objectives for Parents

- The parents will try one new tip that they learned in class to encourage their children to try a new food.
- Parents will read to their children daily.



Procedure

1. Wear your **Give Me 5 A Day!** apron, if you have one. Place felt food in your pockets. Invite children into circle and have children sit “criss-cross” applesauce (crossed legged) in a circle with the teacher.
2. The teacher shows the children the cover of the book and says, “What do you think this book is about?”
3. The teacher says, “There is a tomato here,” and points to it on the cover. “Maybe the book is about children and food. Maybe the book is about children eating foods like tomatoes. Let’s read and see.”
4. The teacher says, “Today we are going to talk about tasting different foods. You can’t always tell what something will taste like by looking at it. You won’t know if you like a food until you try it. Can anyone tell me the name of a food they thought they wouldn’t like when they looked at it but liked it when they tasted it?”
5. Read the title of the book, *I Will Never Not Ever Eat A Tomato*, and the author, Lauren Child.
6. Begin reading the book. Be sure to use lots of expression while reading. Beginning with the page that says “I don’t ever eat carrots,” place the felt carrot on the story board (optional). Continue reading and placing felt food on the board. When finished reading, place felt food back into your apron pocket.



Exploring Activity

The teacher then says, “What are the names of some of the foods that Lola at first did not want to taste? Did she like them after she tasted them? What did Lola name the tomato at the end of the story?”

Share Time with Parents

Share time is when you share nutrition information from the story with the parents while the children are working on their craft project. Keep the tone conversational. The nutritionist should be listening more and the parents should be doing most of the talking. For more information on facilitated dialogues, go to:

www.nal.usda.gov/wicworks/Sharing_Center/statedev-nutritioneducation.html

Try leading out with a question such as: “How do you feel when your children won’t try a new food? Or, “What do you do to help your child try a new food?” Some points to add as they come up naturally in the discussion are:

Remind parents to:

1. Serve a small portion and offer one new food at a time.
2. Allow children to have the same freedom of choice that others have at meals.
3. Encourage children to help with food preparation.
4. Not to force children to eat.
5. Try preparing food in different ways.
6. That children are entitled to a few dislikes.

Remind parents that the most important thing they can do to help their children learn to read is to read to them.

Ask parents to complete the goal setting question (Attachment 1).

Give each parent a copy of the Nutrition Tips for Parents (optional).

Parents can help their child with the craft. This also reinforces the nutrition message for the parent. At the end of the discussion, ask parents to name one idea shared today they are going to try at home.

Extending and Reinforcing Activities (Optional)

Name the Food Game

- Place felt food pictures into your apron pocket. Let the children take turns pulling out a felt food picture from your pocket. Have each child say the name of the food and place it on the felt board. Ask each child if they have ever tasted that food before.

Tomato Holder

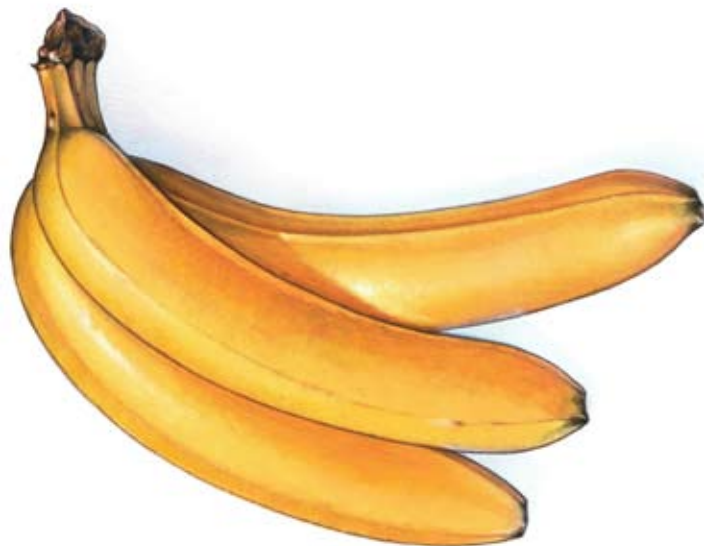
- Pass out one and a half paper plates and have children color them red. Pass out a picture of a tomato stem and have the children color it green. Ask parents to cut the stem for their children while the children are coloring. Staple the paper plate half to the whole plate (staple around the rim only) to create a pocket. Staple the stem to the back of the whole plate. Write the letter “T” on the tomato and tell each child individually the letter sound for “T” and that the word tomato begins with a “T.”
- Tell children they can draw a picture of a new food that they taste at home and put it in their tomato pocket. Or they can look through old magazines at home and put pictures of the new food they have tasted into the pocket. (Be sure the children are instructed that they must ask their parents if they can cut pictures from the magazine.)

Munch Time

- Bring a few foods that were in the book and let the children taste them. Have the children draw the favorite food that they tasted and place it in their tomato holder. Be sure to give children a hand wipe before they eat.

Movement Time

- Play a song from the [Give Me Five A Day!](#) CD with the children. Have children dance and move to the music.



Materials Needed for Lesson Plan

- Apron **Give Me Five A Day!** apron (optional) deedee@creativepockets.com
- **I Will Never Not Ever Eat A Tomato** book by Lauren Child www.amazon.com
- **Give Me Five A Day!** CD www.doh.state.f.us/family/wic/index.html
- Felt Board and felt fruits and vegetables: ~\$19.95 each for board and ~\$7.95 for each fruit and vegetable set from Neat Solutions 1.888.577.6328 or www.neatsolutions.com OR fruit and vegetable felt pieces from Food Groupie, Inc. 1.800.476.8743

Materials Needed for Optional Reinforcing Activities

- **Name the Food Game**
 - Felt Board and felt fruits and vegetables: ~\$19.95 each for board and ~\$7.95 for each fruit and vegetable set from Neat Solutions 1.888.577.6328 or www.neatsolutions.com
- **Tomato Holder**
 - Paper plates (1 1/2 per child)
 - Scissors
 - Red and Green crayons or markers
 - Staples
 - Attachment 2
- **Munch Time**
 - Foods to sample
 - Hand wipes
 - Small plates
- **Movement Time**
 - **Give Me 5 A Day!** CD
 - CD player

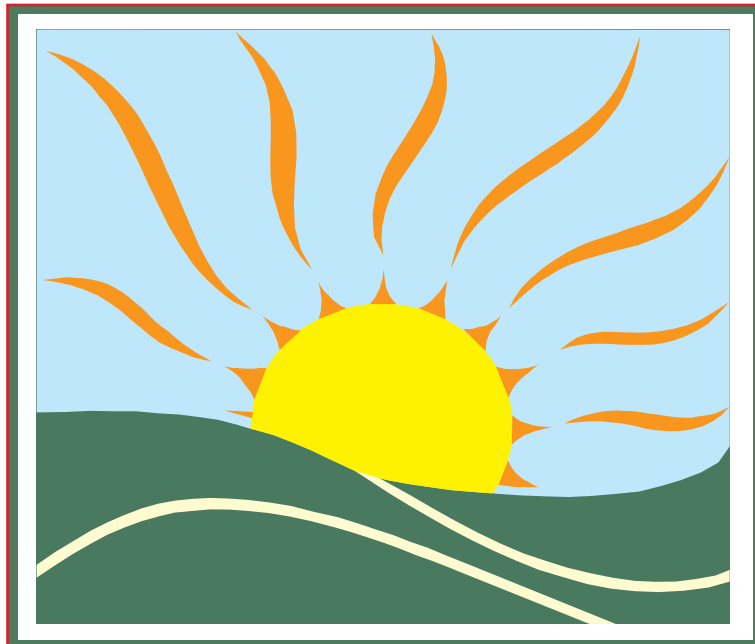


Sunshine Standards

Health Literacy

Standard 1:

- The student comprehends concepts that relate to health promotion and disease prevention. (HE.A.1.1)
- The student understands positive health behaviors that enhance wellness.



Attachment 1

Parent Goal Setting (English Version)



What did you see or hear today that you think your child would like to do at home?



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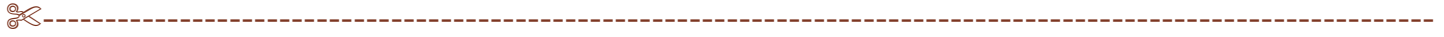
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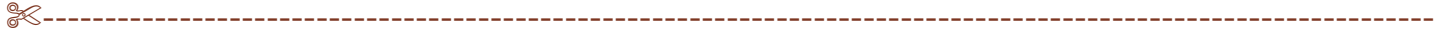
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Attachment 1

Parent Goal Setting (Spanish Version)



¿Qué vió o escuchó usted hoy que usted cree que su niño puede hacer en la casa?



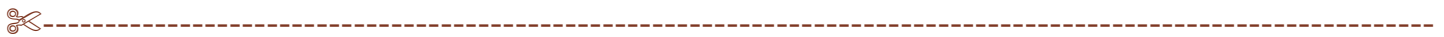
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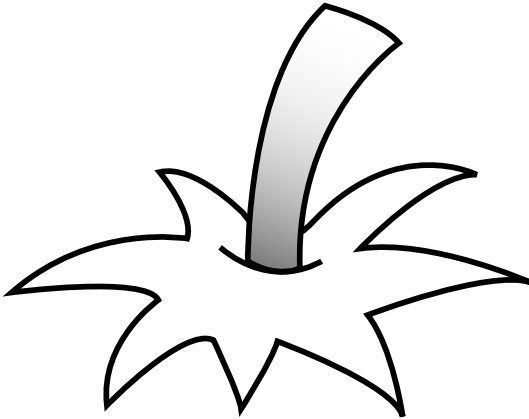
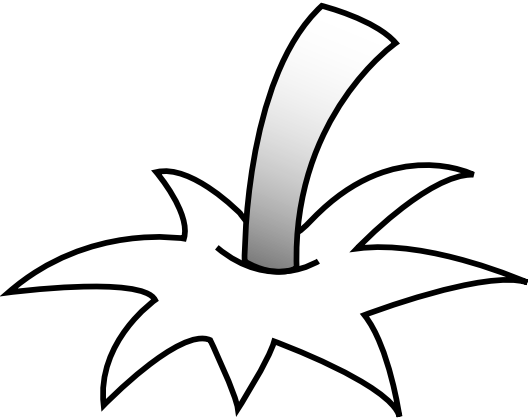
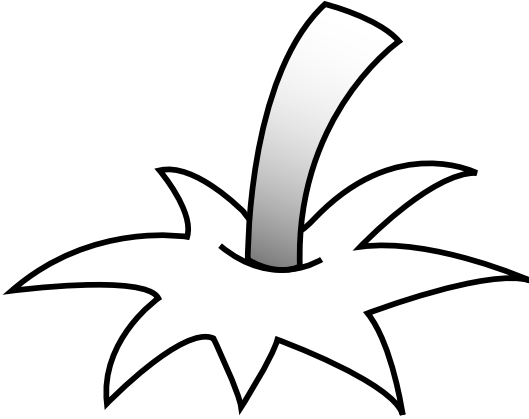
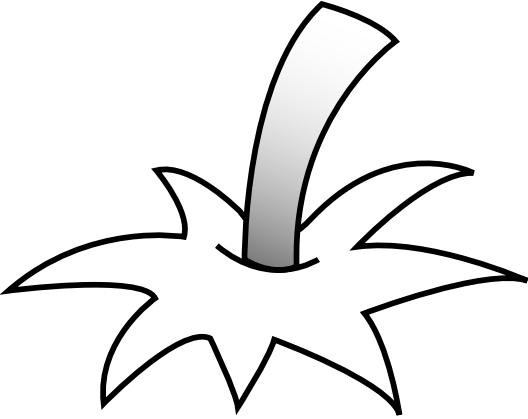
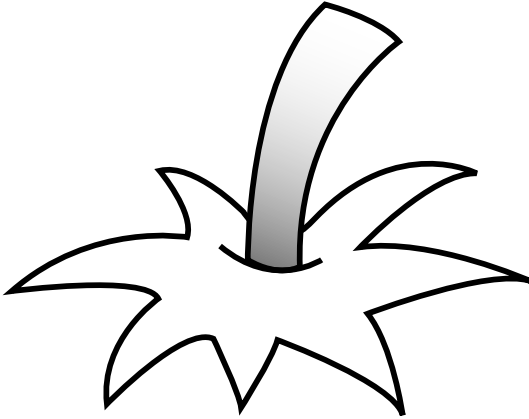
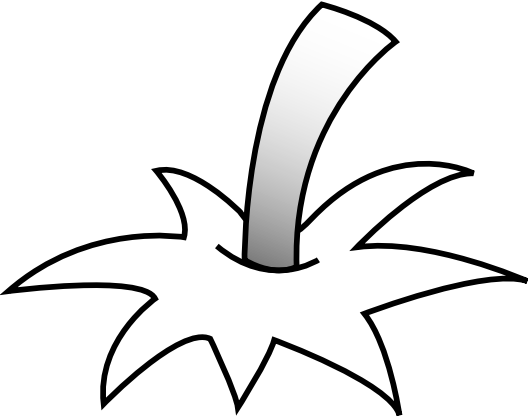
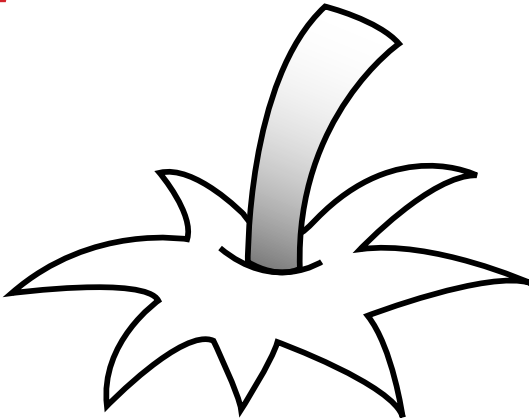
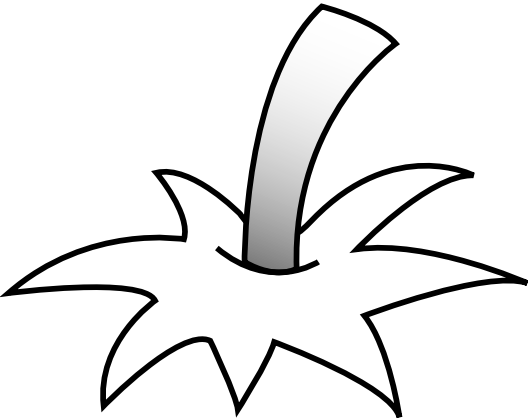
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Attachment 2

Tomato Stems



Nutrition Tips for Parents

The Picky Eater

It is normal for a child's appetite to vary from day to day. It's okay if your child does not like every food offered. Keep offering a variety of foods but do not force your child to eat everything offered.

- Be a role model. Eat a variety of foods yourself.
- Serve a new food with foods that your child loves. Don't give too many new foods at one time.
- Serve foods that appeal to kids. Include a variety of colors, textures and forms.
- Offer plain, unmixed foods. Some children prefer to eat foods separately instead of all together in a dish.
- Encourage children to practice serving themselves. They can try pouring water or milk into a cup or spooning food from a serving bowl to their plate.
- Give your child enough time to eat. Young children may need more time to eat because they are learning how to feed themselves.
- Involve your child in food shopping and preparation. Children are more willing to try foods they help to prepare.
- Make eating and family time the focus of mealtime. Make mealtime pleasant.
- Be a role model and eat fruits and vegetables yourself.

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Ideas de Nutrición para Padres

Es normal que el apetito del niño varíe de día a día. No se preocupe demasiado si a su niño no le gusta la comida que usted le ofrece. Continúe ofreciéndole una variedad de alimentos pero no lo obligue a comer todo lo que le ofrece.

- Sea un buen ejemplo. Coma usted también una variedad de alimentos.
- No agobie a su niño con demasiados alimentos nuevos de una vez. Sirva un vegetal que no es familiar con alimentos que le encantan a su niño.
- Sirva alimentos que son atractivos a los niños. Incluya una variedad de colores, texturas y formas.
- Ofrezca alimentos simples, no mezclados. Algunos niños prefieren comer alimentos separados en lugar de combinados en un plato.
- Dele oportunidad a sus niños para servirse a sí mismos. Ellos pueden tratar de servir agua o leche en una taza o servir comida de un platón de servir a su plato con una cuchara.
- Dele a su niño tiempo suficiente para comer. Los niños pequeños necesitan más tiempo para comer pues están aprendiendo a alimentarse por sí mismos.
- Envuelva a su niño en la compra y preparación de comestibles. Los niños estarán más dispuestos a tratar nuevos alimentos si participan en su preparación.
- Haga que el comer y la interacción familiar sean el foco de sus comidas. Haga que la hora de la comida sea agradable.
- Sea un modelo para sus niños comiendo frutas y vegetales.

WIC provee oportunidades iguales a todos.

