

1 BIG SALAD

Healthy Habits

Infant-Toddler

This book introduces many nutritious fruits and vegetables that can be put together to create a delicious dish. It lends itself to presenting many different types of produce as enjoyable food options.

CORE SKILL OBJECTIVES

INTENTIONAL TEACHING PRACTICES

MOVE



Children will:

- ◆ Show an interest in new foods that are introduced
- ◆ See different foods as nutritious choices

Teachers will:

- ◆ Present all food options as attractive, enjoyable options

TEACHING TIP

To promote healthy habits with food, it's important to give children both choice and plenty of options whenever possible. Offering different nutritious food choices, but also letting toddlers decide whether to eat, what to eat, and how much to eat, will help support children's willingness to try new foods and form healthy habits. Later in development, this will turn from interest in new foods, to preferences, to making intentional choices that is sometimes based on whether something is nutritious. Remember to honor the food choices and values of all families – there should never be judgement or shame surrounding this topic.

1. INTRODUCE

- ◆ “Yum! Salads are delicious and healthy because they can be made with lots of different vegetables and fruits. Today we're going to read *1 Big Salad* and explore the different kinds of foods that can be mixed together to make a salad.”

2. READ THE BOOK

- ◆ Pause occasionally to present all food options as attractive.
- ◆ Note that the different fruits and vegetables are both nutritious and enjoyable.

Present All Food Options as Attractive, Enjoyable Options

Read: “Two radish mice”

Present: “A radish is a root vegetable. It's tasty to eat raw, meaning not cooked at all, or cooked. Radishes are a pretty red color on the outside, white on the inside, and have a little bit of a spicy flavor!”

Read: “Eight flying walnuts”

Present: “Walnuts come from hard shells that grow on trees. They have a cool bumpy shape. You can bake them, cook them, or eat them raw. Nuts help make our bodies strong.”

Read: “Ten Clementine Kitties”

Present: “Clementines are small, sweet fruits like oranges. They are so juicy inside! They are delicious and good for our bodies.”

3. REVIEW

- ◆ “We saw so many different fruits and vegetables that have fun colors and are very tasty, too. Different foods give our bodies nutrients that help us play and grow! It's fun to try out new foods.”

4. KEEP IT GOING

- ◆ Discuss the food options during Mealtimes each day. Keep discussions positive and respectful – never make a child feel bad about the foods they eat. Instead, discuss food properties, how different nutrients can help our bodies, and ask children what they enjoy eating. Make sure to offer new, nutritious options in a positive manor as well.