

This book introduces a wide variety of vegetables with a rhythmic chant. The vegetables shown are celebrated for their different looks and flavors, and it gives a positive view of produce.

### CORE SKILL OBJECTIVES

### INTENTIONAL TEACHING PRACTICES

#### MOVE



#### Children will:

- ◆ Show an interest in new foods
- ◆ See different foods as healthy choices

#### Teachers will:

- ◆ Present all foods as attractive, enjoyable options

### TEACHING TIP

Supporting young children in making independent eating choices can go hand in hand with supporting healthy habits. As infants become toddlers, they may become pickier about the foods they choose. Talking positively about a variety of nutritious food items, and even incorporating these discussions into pretend play and activities, can support the healthy choices children make in the future. Try to encourage interest in new foods and stay positive about the choices children make.

### 1. INTRODUCE

- ◆ “There are many kinds of vegetables that are tasty and good for our bodies. You might already know about carrots, or lettuce, or green beans. Today we’re going to read *Rah, Rah, Radishes!* and see lots of other types of vegetables that you may see on your plate!”

### 2. READ THE BOOK

- ◆ Pause occasionally to present the foods that are shown in the book as attractive.
- ◆ As you point out each vegetable, describe their look, taste, and texture as enjoyable and healthy.

### Present All Foods as Attractive, Enjoyable Options

**Read:** “Oh boy, bok choy! Brussels sprout.”

**Present:** “Bok choy is the vegetable here with the leaves (*point*). It has a crunchy stem. Brussels sprouts are the round, bumpy shapes here (*point*). Many people like to bake or boil them to go along with dinner. These vegetables help give you lots of energy to play and grow.”

**Read:** “Onion. Scallion. Leek and shallot.”

**Present:** (*Point to each vegetable as you name it*) “These vegetables can be used to help other foods taste even more delicious! When they are cooked, they smell extra good.”

**Read:** “Potatoes. Tomatoes. Yum a yam!”

**Present:** “Lots of dishes are made with potatoes or tomatoes. Potatoes are nice and soft when they’re cooked (*point*), and tomatoes are juicy and make good sauce (*point*). Have you tasted either of those foods before?”

### 3. REVIEW

- ◆ “We saw vegetables that all look and taste different in this book. Maybe you have even eaten some of these vegetables before, or maybe you will try them next time they are offered!”

### 4. KEEP IT GOING

- ◆ Provide opportunities for children to be involved in growing, discussing, and trying new produce. Try introducing new vegetables children are excited about in your gardening activities or do a simple cooking activity together using novel produce. Be sure to incorporate discussions about healthy food during Meals, and model healthy choices yourself.