

This book follows a girl around her garden as she appreciates the many unique and tasty qualities of the vegetables and fruits growing there. It shows different healthy produce options in a positive light.

CORE SKILL OBJECTIVES

INTENTIONAL TEACHING PRACTICES

MOVE



Children will:

- ◆ Identify a variety of healthy foods
- ◆ Demonstrate an increasing understanding of the role of foods and nutrition in healthy development

Teachers will:

- ◆ Present all food options as attractive, enjoyable options

TEACHING TIP

Building a foundation of healthy habits surrounding food not only supports children's physical growth and needs, but also positively impacts their energy, motivation, mood, and ability to focus and learn. It's important to support children's involvement in making choices surrounding food and in helping them to become familiar with the benefits of different healthy options. Discussing and identifying healthy foods in a fun, positive way can support their healthy decision-making in the future. A key factor in this is to engage children in seeing different food options as nutritious - but it is also important to honor the food choices and values of all families. There should never be any judgement or shame surrounding this topic.

1. INTRODUCE

- ◆ "There are so many different kinds of foods that grow in a garden. Some of them are fruits, some are vegetables, and all the foods in a garden help our bodies and minds grow! Today we're going to read *Amara's Garden*. The garden in this book is full of produce that all looks and grows differently – let's explore it all together!"

2. READ THE BOOK

- ◆ Pause occasionally to present and discuss the different produce shown as enjoyable options.
- ◆ Identify the various benefits and nutritious qualities of foods.

Present all Food Options as Attractive, Enjoyable Options

Read: "An Apple is round, but not large like a pumpkin"

Present: "Apples are sweet and crunchy, and they can be red or green, or even yellow – apples are such a colorful fruit! Apples have vitamins that help us build up energy to think and play."

Read: "A potato is solid, but it has thin skin instead of a thick shell."

Present: "Potatoes are a root vegetable – that means they grow down in the dirt. You can't eat it right out of the garden, it needs to be cooked. Potatoes can be made into many kinds of food that are tasty and fill us up."

Ask: "What kinds of foods have you eaten that are made out of potato?"

Read: "Which produce can you find at Amara's potluck?"

Ask: "What do you see on the table? Do you remember some of these foods that we just explored?"

Present: "You're noticing sweet fruits and savory vegetables on the table – I see some of it has been cooked. Cooking different foods together can turn them into new, tasty dishes that give us lots of nutrients."

3. REVIEW

- ◆ "It's good for our bodies to try out fruits and vegetables that look and taste different. Some are sweet, and some have to be cooked to eat them. Eating foods from a garden helps our bodies grow and keeps our minds active."

4. KEEP IT GOING

- ◆ Discuss the properties of foods that you and children are eating during family style Mealtimes. Be sure to keep it positive and engaging, and children should feel free to choose what and how much to eat. Narrate the healthy food choices you notice children making and connect it back to nutrition and the benefits of a wide variety of foods.