

In this story, a child connects with her family through the produce and food that they cook with. This story is about honoring the food that nourishes us and shows how personal food can be.

### CORE SKILL OBJECTIVES

### INTENTIONAL TEACHING PRACTICES

#### MOVE



#### Children will:

- ◆ Demonstrate understanding of how food helps the body be healthy
- ◆ Discuss healthy eating choices

#### Teachers will:

- ◆ Narrate healthy food choices
- ◆ Present diverse types of foods and meals as attractive, enjoyable options

### TEACHING TIP

When we involve children in discussions about growing, cooking, and identifying food, it supports healthy eating habits. The way food is prepared and eaten can hold a lot of personal and cultural significance to families. You may even be able to involve families directly in class activities surrounding food. Inviting parents to share favorite recipes, join the class for meals, or participate in gardening is a way to bridge home and the learning environment for children, and to show positive support for different food habits children and their families may have.

### 1. INTRODUCE

- ◆ “Can you think of a food that your family likes to eat a lot? There are lot of different foods that are good for our bodies that people enjoy cooking. Today we’re going to read *Tomatoes for Neela*, and we’ll find out more about special foods that people like to eat.”

### 2. READ THE BOOK

- ◆ Pause occasionally to narrate the healthy food choices in the book.
- ◆ Discuss diverse food and meal choices as attractive and enjoyable.

### Present All Foods as Attractive, Enjoyable Options

**Read:** “...and sauces always bubbling away.”

**Narrate:** “I see lentil stew. Lentils are like beans and are really good for our bodies. I also see spaghetti and roasted cauliflower. Those foods help our bodies grow too. (*Label other food illustrations on the page.*)”

**Discuss:** “You may not have tried all of these foods before, but they are all different and tasty ways to give our bodies nutrients!”

**Read:** “...their seeds are passed down from season to season”

**Narrate:** “Neela has seen so many different types of tomatoes at the market! Tomatoes are a kind of vegetable that can grow in a garden, and they have a lot of vitamins that give us energy.”

**Read:** “...or turned into salsa for enchiladas”

**Narrate:** “Wow, there are so many different foods that people make with tomatoes. Eating them with beans, chutney, and pasta like Neela does helps us get strong so we can play.”

**Discuss:** “Which of these types of food made with tomato have you tried before? We may all like different kinds of flavors.”

### 3. REVIEW

- ◆ “Neela’s family really loves cooking together and using tomatoes in different ways. There are many ways that different families like to make meals. Eating food that is tasty and healthy for our bodies helps us feel good!”

### 4. KEEP IT GOING

- ◆ Promote discussions about the types of foods children eat at home, and ensure that the discussion stays positive, especially when noting differences in the ways different children or their families eat. You may consider starting a tomato garden, tasting tomatoes with children, or asking for family participation in gardening activities or meals.