

# Plan: Know What's for Dinner

## RECOMMENDED CLASSROOM CENTERS

### LANGUAGE

#### Books about our senses

*Squirmy Wormy: How I Learned to Help Myself*  
by Linda Farrington Willson

*The Five Senses* by Keith Faulkner

### CONSTRUCTION

**Healthy Teeth:** Use various fake teeth and toothbrushes to allow the children to practice their fine motor skills and teeth brushing.

### WRITING

**Learning My Letters:** Have the children practice their alphabet by drawing the first letter of their favorite vegetables. Advanced or older children can spell the whole word.

### SENSORY

**What Is in the Bag?:** Put three different items in brown paper bags and have the children try and guess what they are with using only their sense of touch.

### MANIPULATIVES

**Sewing Senses:** Make your own sewing card from cardboard. Print out healthy items from the lessons and paste it on the cardboard. Make holes punch at the edges and use yarn to sew with.

### OUTDOORS

If a garden is available, have the children water the garden (if needed) or pick out the weeds. Set aside some time to explain to the children how to tell apart a weed from one of your plants.

### SCIENCE

**Smelling Jars:** Place various items that have distinct smells (e.g. citrus, onion, vinegar) in covered cups and have the children guess what the items are based on their smell.

### ART

**Transparency Painting:** Gather some clear transparency sheets or laminating sheets and have the children paint their favorite item from the lesson. Hang the paintings in the window.

### DRAMATIC PLAY

**Sensory Scientists:** Create a “lab” where the children can dress up as a scientist and explore various sensory items (e.g. tub of sand, popcorn kernels, bird seed).