

Shop: Get the Best for Less

RECOMMENDED CLASSROOM CENTERS

LANGUAGE

Books about healthy foods

Healthy Food for Dylan by Sarah Duchess

Eating the Rainbow by Rena D. Grossmann

CONSTRUCTION

Harvest Time: Add plastic vegetables, fruits, and farm equipment and have the children harvest their crops.

WRITING

Learning My Letters: Draw pictures of your favorite vegetable growing in your garden. Have the children draw a line separating the ground from the sky then draw their favorite vegetable growing in their garden.

SENSORY

Catch the Fish: Fill the sensory table about halfway with water and place various plastic food items in the bottom. Provide the children with a pair of tongs and have them try and grab the items using only the tongs.

MANIPULATIVES

Count the Worms: Cut out 10 apple shapes, hole punch a different number of holes in each apple. Cut out 10 apple basket shapes, each with a numeral on it (1-10). Encourage the children to count the number of “worm holes” in an apple and then place it on the corresponding number.

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

Bake the Bread: Purchase frozen bread dough, a bread pans, and waxed paper. Spray the pans with the cooking spray. Place the frozen dough in the pans. Cover with waxed paper. Check on dough throughout the day as it rises! The children will be very excited at how much it rises! Bake it for the next day’s snack.

ART

Carrot Brushes: Cut the ends of carrots or celery stalks off. Allow children use them as paint brushes to paint their favorite part of the unit. Cut the carrots up in slices and serve as a snack.

DRAMATIC PLAY

Restaurant: Provide a chef hat, food models, and plastic cooking ware to the center. Encourage children to pretend they are a chef in a restaurant cooking healthy and nutritious meals.