

EAT TOGETHER

MAKING FRUIT SALAD

EAT BETTER



TARGET AUDIENCE	Kindergarten
ESTIMATED TIME	30 minutes
NUTRITION EDUCATION LEARNING OBJECTIVE	<p>By the end of this activity, students will be able to:</p> <ul style="list-style-type: none"> • Help tell a story about making fruit salad, • Create a picture of the food they would like to make and the person they would like to make it with.
CURRICULUM INTEGRATION	<ul style="list-style-type: none"> • Communication • Reading • Health
EALR/GLE INTEGRATION	<p>Communication 2.2.2 Contributes responsibly in a group setting. Writing 1.1.4 Apply understanding of phonics (letter identification)</p>
CLASSROOM SKILLS	<ul style="list-style-type: none"> • Cooperation • Listening and following directions
BASIC NUTRITION CONCEPTS	<ul style="list-style-type: none"> • Fruit salad is tasty, healthy, and fun to make. • Helping in the kitchen is a fun activity.
SUPPLIES	<ul style="list-style-type: none"> • Food \$ense apron <input checked="" type="checkbox"/> • Dairy Council food model cards (apple, orange, banana, cantaloupe, strawberry, pear, mango, grapes, watermelon) <input checked="" type="checkbox"/> • Laminated story sentence strips <input checked="" type="checkbox"/> • Pocket chart • Fruit- and vegetable-framed drawing paper <input checked="" type="checkbox"/> • Crayons • Book: Eating the Alphabet by Lois Ehlert <input checked="" type="checkbox"/>
ACTIVITY TASKS	See reverse.
SOURCE	Carolyn A. Lee, MS, RD
SA SUBMITTED BY	Family Meals Work Group

Making Fruit Salad (Kindergarten)

1. Put the apron on and place the story sentence strips in the apron pockets so you can access them easily and in the correct order. Have students sit in front of a pocket chart.
2. Distribute the nine fruit cards to either pairs or groups of three students. Tell students you will be reading them a story and that they will be helping to illustrate it by listening for their part in the story. Have the groups agree on what the fruit is that they have been given.
3. Read the story sentences, making sure they are read in the correct order. Place the sentences on the pocket chart. After each of the portions about a particular fruit, ask the students that have the corresponding fruit to bring it forward and place it next to the correct sentence.
4. When the story is finished, reinforce the idea that cooking is a fun activity to do with family. To reinforce the recognition of letters, you may choose to repeat the fruit names with the corresponding first letter.
5. Direct students to return to their desks and distribute paper and crayons. Ask them to draw a picture of a healthy snack that includes fruit that they would like to make at home and who they might like to make it with. Discuss ideas of what a healthy food or recipe might be. After drawings are complete, students may share their drawings with the class. The book *Eating the Alphabet* by Lois Ehlert may be useful in helping students with their drawings.

I like to help my family cook.

It is fun to do.

Developed by Washington State University Extension Food Sense

Fruit salad tastes so good

and it is healthy, too.

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1

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EXTENSION

1

2

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EXTENSION

2

**I begin with an apple.
Apple starts with A.**

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**It is always so delicious,
I could eat one every day.**

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3

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 EXTENSION

3

4

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 EXTENSION

4

**Now I add an orange.
Orange starts with O.**

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**It is sweet and tasty,
don't you know?**

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5

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 EXTENSION

5

6

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 EXTENSION

6

I'll peel a banana.

Banana starts with B.

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**I add it to my salad
so it is just right for me.**

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7

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7

8

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8

Cantaloupe is a melon.

It starts with C.

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**It helps make this salad
as juicy as can be.**

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9

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 EXTENSION

6

10

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 EXTENSION

01

**Strawberries are red,
and start with letter S.**

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**If someone asks if they are good,
you should answer YES!**

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**I always add a pear.
It starts with letter P.**

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**It has a funny shape,
wouldn't you agree?**

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13



13

14



14

Have you ever had a mango?

It starts with letter M.

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**Once you have eaten one,
you will want 10!**

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15



15

16



16

**Grapes are round and small,
and start with letter G.**

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**They help to make my salad
as good as can be.**

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17



17

18



18

Watermelon is the largest
fruit, and **W** is its letter.

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My salad has nine fruits now
and couldn't be any better!

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**Helping in the kitchen
is always fun to do.**

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**So tell me what you'd like to make,
and draw a picture of it, too.**

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