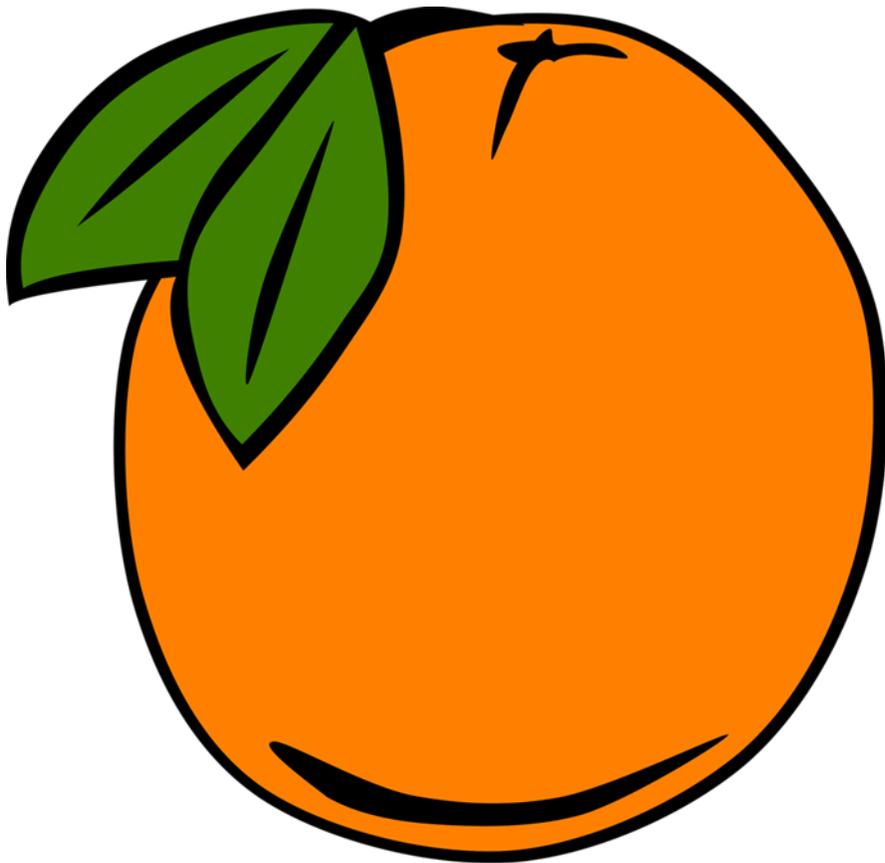


<p>move from corner to corner based on the questions asked. For this activity, each child and their parent will play as a team and go from Corner to Corner together. We will begin with everyone in the center of the room. Remember that we are indoors, so we must walk to the corners rather than run. I will ask a question, and each team will walk to the corner that answers the question. The options are: oranges, apples, bananas, and grapes.</p> <p>Four corners questions:</p> <ul style="list-style-type: none"> • Of the four corners, which one is each kid's favorite fruit? • Of the four corners, which one is the parent's favorite fruit? • Of the four corners, which one is each kid's favorite color? • Of the four corners, which one is each parent's favorite color? <p><i>After the last question, have everyone come back to the center of the room. Have each parent-child team sit together for story time.</i></p>	<p>Parents go to the middle of the room and stay with their child to answer the questions. Encourage parents to let the child take the lead in answering questions, even if it takes longer. Remind parents that letting children take the lead helps children share what they have learned. Sometimes little brains take a bit longer to think through a question. Giving them extra time is an example of a "Teachable Moment."</p> <p><i>Note: facilitators can create extra questions as they would like.</i></p>	
<p><u>Activity Part 1: Reading about fruits and veggies</u></p> <p><i>Once the game is finished, the facilitator will have the children and their families sit together for story time. Instructor will choose to read from the My Plate: Emergent Readers Teacher's Edition (see resources below) about fruits, vegetables or both based on time. Give each child a copy of the My Plate: Emergent Readers Coloring Books (see resources below) that matches the story.</i></p> <p>For each page, ask children questions about the fruit or vegetable that they are seeing, for example:</p> <ul style="list-style-type: none"> • Has anyone ever tried this fruit? Did you like it? • What color is this fruit? • What shape is this fruit? 	<p><u>Activity 1: Reading about fruits and veggies</u></p> <p>Parents sit with children and encourage them to respond to the questions. Facilitators should remind parents that asking questions during reading time is a great way to help children develop their critical thinking skills.</p>	<p>Time 15 min</p>
<p><u>Activity Part 3: Snack time Kabobs</u></p> <p><i>Facilitator will have parents and children wash their hands for snack time and then sit together at a snack table. (Reminder: eating at a table and using our manners during snack time- just like we do during the school day- is an important way to keep rules consistent for children). Facilitator will bring out trays of fruits or vegetables. (Family engagement extra: If your site</i></p>	<p><u>Activity 2:</u></p> <p>Parents will sit with the children and work through the questions. Encourage parents with positive feedback. Ask parents to say something positive about their child, too. If a parent is being negative,</p>	<p>Time 25 min</p>

<p><i>allows, encourage parents to bring their child's favorite cut fruits to the meeting. Remember that fresh, canned and frozen fruits are all great options!)</i></p> <p>Give each parent a copy of the Snack Time Fun Handout (see resources below). Demonstrate the first question for the children to role model for parents. Encourage parents to continue through the questions list with their child.</p> <p>During the activity, the Facilitator will talk to each parent about what they are doing to make connections. Make sure to provide a LOT of positive feedback and encouragement, for example:</p> <ul style="list-style-type: none"> • Mom/Dad, you are doing a great job being patient! Sometimes trying new things can be scary. • Mom/Dad you are being a good role model by trying the new foods, too! <p><i>Make sure to say your positive feedback so that all the parents can hear. That way, if one parent is having trouble, they can learn from the other parents without being called out. Say something positive about ALL of the parents, even those that are having trouble.</i></p>	<p>help them find something positive to say.</p>	
<p>Closure <i>(How are you summarizing the activity, extending learning, and making connections?)</i></p> <p><i>Facilitator will thank the group for their input and energy!</i></p> <p>Read: Thank you for taking the time out of your day to be a part of our family meeting activity. It means a lot to our staff, and to the children, to have so many awesome parents participate in this activity. Remember that food can be used as a tool to help children learn about colors, shapes, counting, and patterns. These are all things that children need to learn to be ready for kindergarten!</p> <p><i>Facilitator will hand out Discover My Plate: Student Resource Books (see resources below) to each child.</i></p> <p>Read: These work books use nutrition and my Plate to teach children skills used in Kindergarten. They are made for kindergarten children, so some of the things might be a little hard for younger children. But that's OK- every little bit that they can do will help prepare them for success!</p> <p><i>Facilitator will ask parents if they have any final questions.</i></p>	<p>Closure</p> <p>Parents will say encouraging things to their children. Parents will be given time to ask questions before the activity ends.</p> <p>Facilitator will make sure to stick around after the activity in case parents have any questions that they do not want to ask in front of the group.</p> <p>If parents have questions about healthy eating, they can call Early Ages Healthy Stages at 216-219-2001.</p> <p>If parents have questions about other needs or community resources, have them call United Way 211.</p>	<p>5 min</p>

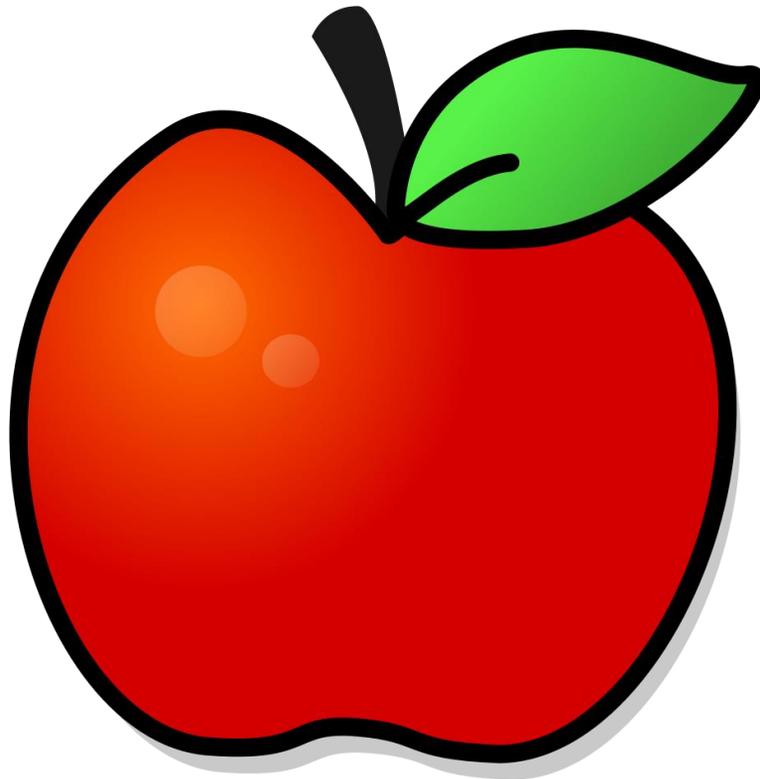
List materials/resources needed:		
<ul style="list-style-type: none">● Cut fruit and/or vegetables<ul style="list-style-type: none">○ (Family engagement extra: If your site allows, encourage parents to bring their child's favorite cut fruits to the meeting. Remember that fresh, canned and frozen fruits are all great options!)● Kabob skewers● Plates, napkins● Four corners activity signs, see below● Snack Time Fun handout, see below● My Plate Emergent Readers Teachers Edition: Available for FREE at- https://www.fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten● My Plate Emergent Readers coloring books: Available for FREE at- https://pueblo.gpo.gov/TN/TNPubs.php?PubID=15003● Discover My Plate Student Resource Books: Available for FREE at- https://www.fns.usda.gov/tn/discover-myplate-student-workbooks		

ORANGE
NARANJA

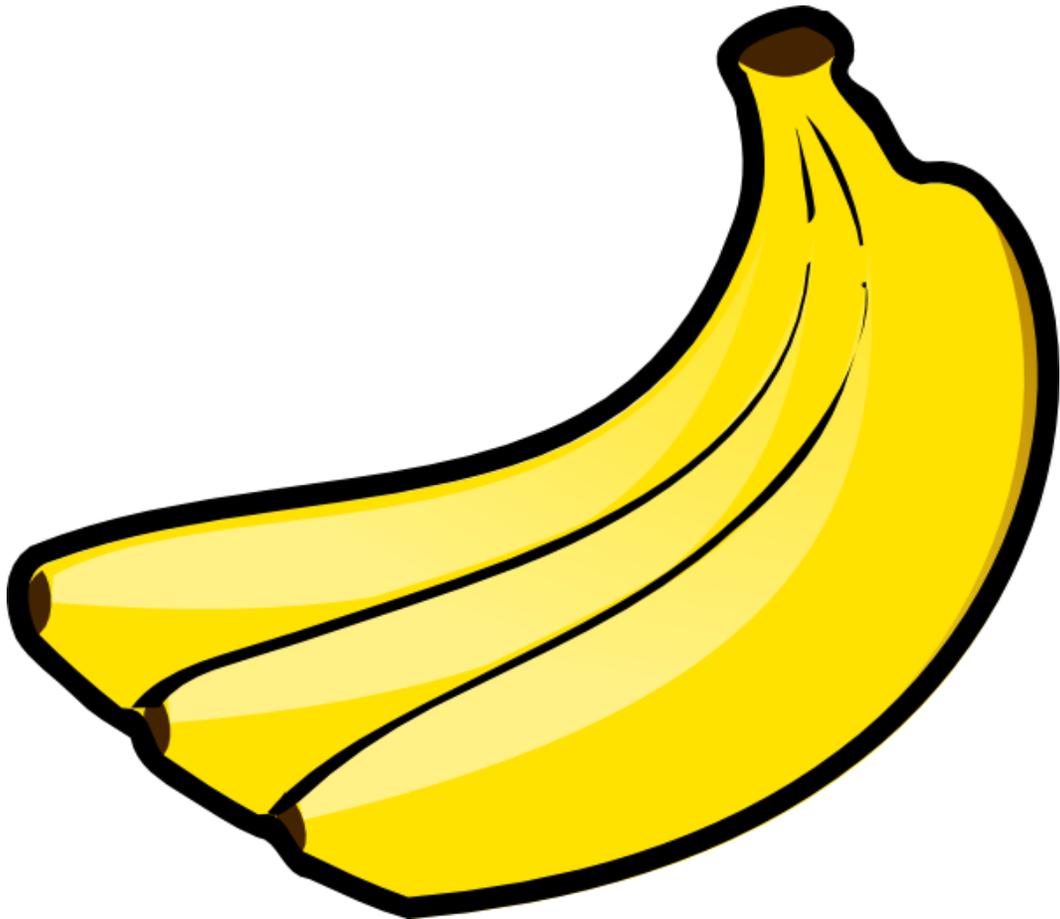


APPLE

MANZANA

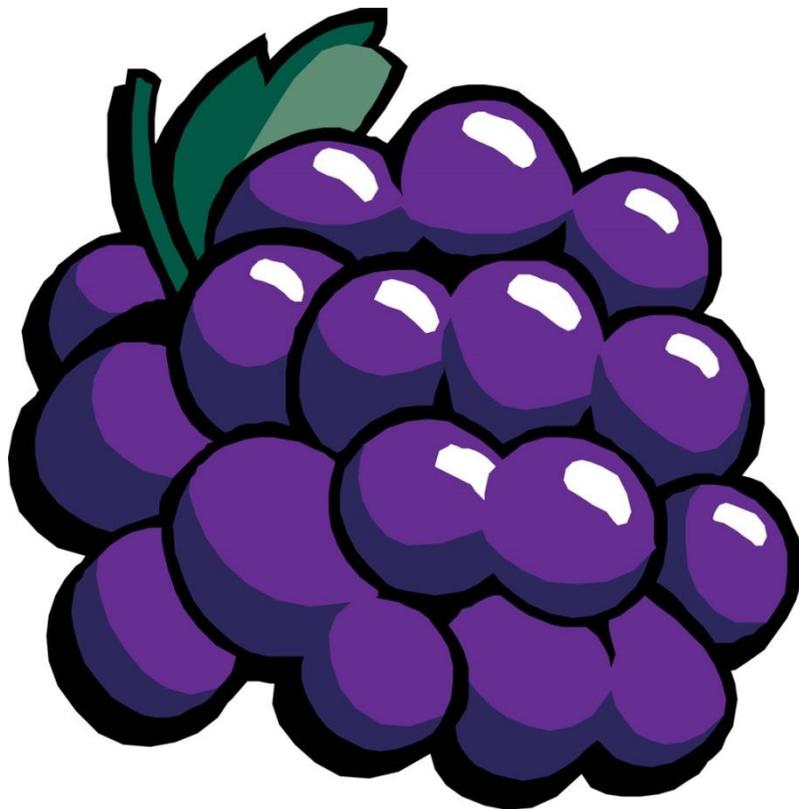


BANANA
PLÁTANO



GRAPE

UVA



Snack Time Fun!

- SORT your fruits by COLOR**
 - **What color fruits are on your plate?**

- COUNT how many fruits are in each color?**
 - **How many fruits do you have?**

- TASTE test one fruit from each color. DESCRIBE the fruits you taste.**
 - **Is it sweet or sour?**
 - **Is it rough or smooth?**
 - **Is it chewy or soft?**
 - ***Do you like it or do you not like it?***

- Parents: Create a SEQUENCE for your child based on colors of fruits.**
 - **Color 1:**

 - **Color 2:**

 - **Color 3:**

 - **Color 4:**

 - ***Use this sequence to make a fruit kabob!***