

# Weekly Lesson Plan

|   |   |
|---|---|
| <b>Theme:</b> <i>Eating the Alphabet</i>            |   |
| <b>Week of:</b> <i>7/24/2007</i>                    | <b>Purpose:</b> <i>Children are provided varied opportunities and materials to help them learn about nutrition, including identifying sources of food and recognizing, preparing, eating and valuing healthy foods. (NAEYC accreditation criteria 2.K.02, 2008)</i> |
| <b>Teacher/ Classroom:</b> <i>Ms. Susan / Pre-4</i> | <b>Concept:</b> <i>Fruits and vegetables are fun to eat. We can recognize and learn about different fruits and vegetables. We can taste and try new kinds of fruits and vegetables.</i>   |

|                    |   |  |  |                            |
|--------------------|---|--|--|----------------------------|
| <b>This week's</b> | <b>Fruit -or- Vegetable:</b><br><i>Kiwi</i> | <b>Recipe:</b><br><i>Kiwi Smile Snacks</i>   | <b>Number:</b><br><i>5</i>                             | <b>Letter:</b><br><i>B</i> |
|                    | <b>Blocks</b><br><i>Bushel Baskets</i>      | <b>Dramatic Play</b><br><i>Grocery Store</i> | <b>Sensory</b><br><i>Washing fruits and vegetables</i> |                            |

## Learning Areas

|                    |   |                             |  |
|--------------------|---|-----------------------------|--|
| <b>Art</b>         | <i>Make alphabet collage<br/>Prepare fruit basket as a gift.</i>  | <b>Manipulative</b>         | <i>Sort and classify fruit and vegetables<br/>Do fruit and vegetable puzzles</i>                   |
| <b>Language</b>    | <i>Vocabulary: Iguana and names of fruits/veg<br/>Play "Shopping Surprise" game<br/>Make a rainbow of fruits and vegetables</i> | <b>Math &amp; Science</b>   | <i>Graphing: How many children tasted the fruit or vegetable?</i>                                  |
| <b>Large Motor</b> | <i>Play "Lana's Lunchtime Game"<br/>Imitate animal walks (eg. Iguana, rabbit, frog, duck)</i>                                   | <b>Music &amp; Movement</b> | <i>Goin' on a Picnic (Raffi song)<br/>Sing "Oh, do you eat your vegetables?" (Muffin Man tune)</i> |

|                            | <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>   |
|----------------------------|--|--|--|--|---|
| <b>Group Time:</b>         | <i>Read the book:<br/>Eating the Alphabet<br/>By Lois Ehlert</i> | <i>Introduce Lana the Iguana puppet who eats fruits/ vegetables</i>    | <i>Read the book:<br/>Alphabet Soup by Kate Banks</i>                            | <i>Read the book: Mr. Rabbit and the Lovely Present</i>          | <i>Read the book: Sorting Foods by Patricia Whitehouse</i>        |
| <b>Special Activities:</b> | <i>Introduce the fruit, number and letter of the week.</i>       | <i>Discuss the program poster and creating a special spot for Lana</i> | <i>Taste testing of fruit or vegetable of the week.<br/>Chef's hat and apron</i> | <i>Cooking/snack prep activity.<br/><br/>Make fruit baskets.</i> | <i>Play sorting and matching game with fruits and vegetables.</i> |

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|                     |                              |                      |                |                |
|---------------------|------------------------------|----------------------|----------------|----------------|
| <b>This week's:</b> | <b>Fruit -or- Vegetable:</b> | <b>Recipe:</b>       | <b>Number:</b> | <b>Letter:</b> |
|                     | <b>Blocks</b>                | <b>Dramatic Play</b> | <b>Sensory</b> |                |

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|--------------------|--|-----------------------------|--|
| <b>Art</b>         |  | <b>Manipulative</b>         |  |
| <b>Language</b>    |  | <b>Math &amp; Science</b>   |  |
| <b>Large Motor</b> |  | <b>Music &amp; Movement</b> |  |

|                            | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--------|---------|-----------|----------|--------|
| <b>Group Time:</b>         |        |         |           |          |        |
| <b>Special Activities:</b> |        |         |           |          |        |