

CURRICULUM BUILDERS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHILD CARE RESOURCE SERVICE

RESOURCE AND REFERRAL

November 2015

www.crs.ymca.org

SUPPORTING CHILD CARE PROVIDERS AND EARLY CHILDHOOD EDUCATION

CRS RESOURCE LIBRARY

Curriculum Resource books and toys are available to check out at our library. Call 619-521-3055 ext. 2304 to make a library appointment.

WEB SITES

Here are some web sites to give you more curriculum ideas:

<http://www.preschool-plan-it.com/fruits-and-vegetables.html>

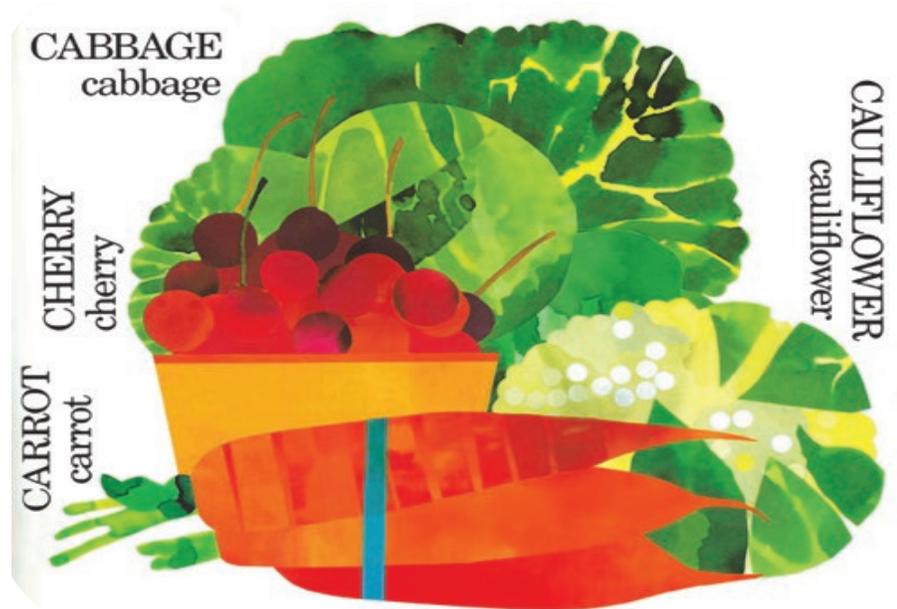
<http://www.2care2teach4kids.com/preschool/themes/fruitveggies.htm>

<http://www.creative-preschool-teaching-themes.com/preschool-vegetables-theme.html>

CONNECT WITH CRS!

Learn about upcoming events, Wellness Wednesday, Frugal Friday and more:

www.facebook.com/YMCA.CRS



ABOUT THE STORY

Eating the Alphabet

By Lois Ehlert

While teaching upper and lowercase letters to children, Ehlert introduces fruits and vegetables from around the world. A glossary at the end provides interesting facts about each food.

STORY STRETCHERS

- Discuss the tastes and smells of the vegetables and fruits that the children have tried.
- Encourage children to think about what they think other fruits and vegetables will taste like. (crunchy, soft, juicy, sweet, sour).
- Brainstorm with children on ways to eat the fruits and vegetables (cooked, raw, with dip, in a salad, etc.).
- Discuss where fruits and vegetables come from

SCIENCE

GRASSY HEAD POTATO

Materials

- Large potato
- Cotton balls
- Small bowl or shallow dish
- Grass seeds
- Paring knife
- Spoon or melon baller
- Permanent marker and collage materials (optional)



Instructions

- Cut the top and bottom off of a large potato
- Use a spoon or melon baller to scoop out the top of the potato
- At this point, if you choose, you can use a marker and collage materials to decorate a face on your potato
- Place the potato in shallow dish, hollowed out portion facing up
- Put a few cotton balls in the hollowed out portion of the potato
- Sprinkle grass seeds on the cotton balls and keep them watered.
- Place the dish near a window that gets some sun but no in direct sunlight
- Mist the potato with water as needed
- In a few days your potato will have hair!

MATH

APPLE TREE COUNTING



Let's practice counting! The Apple Counting Tree box comes with 10 colorful mats labeled 1 through 10 and apples that can be counted to match the number on each picture mat.

STRAWBERRIES IN A BASKET

The Strawberries in a Basket Counting Game focuses on counting quantities, turn taking and understanding of game rules. Children simply take turns rolling the die and count the correct number of strawberries racing to be the first to fill their basket with 10 strawberries.



The items above may be checked out at the YMCA CRS Resource and Toy Lending Library.

CIRCLE TIME

FRUIT AND VEGGIE FEELY BAG

Place a fruit or vegetable in a bag or box. Encourage the children to feel into the bag or box and guess what piece of produce you have placed inside.

Ask them why they think it is the particular piece of produce that they are guessing. This will encourage the children to think about the way that the item feels.

WATER TABLE

SCENTED WATER PLAY

Add a fruit scent to your water table using strawberry extract, lemon extract, orange extract, etc.

You can even color the water with food coloring to match the scent, e.g. orange food coloring with orange extract scent.

