

Fit WIC Arizona, Volume 2

Lesson Plan for “The Very Hungry Caterpillar”

Learning Objectives:

- The child and parent will name two fruits that give them energy.
- The child will name their favorite fruit or vegetable.

Supplies Needed:

- Copy of Children’s Rules
- “The Very Hungry Caterpillar” book by Eric Carle
- A room with carpeting or tile that has enough free area for the physical activity portion of the lesson
- Creative Pockets® Apron (optional)
- Black and white cut-outs of an apple, pear, plum strawberry, and orange that have been colored or copied on colored paper and laminated or covered with clear contact paper (see Attachment 1) and glued on a craft stick
- Basket or container for fruits on craft sticks
- Cut up soft fruit from story (enough for every parent and child to taste) don’t use apples as they may present a choking problem
- Fun Food News by the Arizona Nutrition Network on fruits and vegetables
- Wipes for hand washing
- Small paper plates
- Napkins

Preparation for Lesson:

- Set the date, arrange for the room and post announcements of the session.
- Order Fun Food News by the Arizona Nutrition Network on fruits and vegetables from the warehouse as needed one month in advance.
- Read “The Very Hungry Caterpillar” to familiarize yourself with content and practice reading aloud.
- Make fruit cutouts from colored paper or color them. Laminating the cutouts or covering them with clear contact paper will help them last longer. Make a separate set for the person teaching the lesson.
- Preparation for cooking time – after estimating the number of attendees, shop for and prepare the items above. Cut up soft fruit for Cooking Time.
- Take out Children’s Rules in Section 2 of Fit WIC Arizona notebook for use in this session. Return rules to Section 2 of the notebook after session is completed.
- Gather supplies needed.

Welcome:

Greet each child and parent. Tell the children and parents your name. Have puzzles, toys, etc. for children to play with while they are waiting for everyone to join the group.

Group Time:

“Today we are going to read a book, The Very Hungry Caterpillar. Then we are going to have a lot of fun moving around. Did you know it’s important to have 60 minutes of active play time a day to be healthy? Before we start let’s review some rules for this time together.” Read the Children’s Rules while holding the paper up.

Physical Activity/Story:

Encourage parents to ask questions and join in the activity.

Step 1 Wear your Creative Pockets® Apron, if you have one. Invite children into the room by giving them a picture of an apple, pear, plum strawberry, and orange (on a craft stick). Have the children sit “criss-cross applesauce” (cross legged) in a circle with the teacher. Go around the circle and ask each child their name and to name the fruit he or she is holding.

Step 2 “Before we read our book, look at the fruit you are holding.” Hold up a picture of an apple (on a craft stick) and ask, “What is the name of this fruit? Who is holding an apple? Hold it up if you are.”

Hold up a picture of a pear (on a craft stick) and ask, “What is the name of this fruit? Who is holding a pear? Hold it up if you are.”

Hold up a picture of a plum (on a craft stick) and ask, “What is the name of this fruit? Who is holding a plum? Hold it up if you are.”

Hold up a picture of a strawberry (on a craft stick) and ask, “What is the name of this fruit? Who is holding a strawberry? Hold it up if you are.”

Hold up a picture of an orange (on a craft stick) and ask, “What is the name of this fruit? Who is holding an orange? Hold it up if you are.”

Step 3 “Now we are going to read a book.” Show the children the front of the book. “What do you think this book is about? (allow time for children to respond) Yes, this book is about a caterpillar and this caterpillar eats fruit.” Read the title of the book, The Very Hungry Caterpillar, and the name of the author, Eric Carle. Now read the story letting the children hold up their fruit pictures as the fruit is discussed.

Step 4 “Why do you think the caterpillar felt sick when he ate so much food? Why did he feel better when he ate the green leaf?” (allow time for children to respond) Emphasize that some foods are healthier choices than others.

NOTE: Do not use the term “good foods” or “bad” foods.

“We aren’t caterpillars that eat green leaves but we eat green vegetables. Can someone tell me the name of a green vegetable?” Allow time for children to answer. “The caterpillar ate a lot of different fruits. Can you tell me the name of your favorite green vegetable?”

Step 5 “Why do we need to eat fruits and vegetables? Fruits and vegetables give us energy (have children sit and stand to demonstrate energy). They also make our skin glow (have children rub their arms) and our eyes sparkle (have the children shake their hands around their eyes to indicate sparkling).

Step 6 “Who is ready to have some fun? Can you show me how a caterpillar crawls?” Have a child demonstrate the motion after you explain how to do it. Have all the children get down on all fours and start crawling like a caterpillar making their backs go up and down as they crawl. Do this single file in a circle for a few minutes.

Step 7 “What did the caterpillar turn into at the end of the book? (allow children time to answer). That’s right, a butterfly. Does a butterfly crawl? (allow children time to answer). No it flies. Can you show me how a butterfly flies? That’s right, put out your arms and move them up and down.” Have the children spend a couple of minutes pretending to fly like a butterfly.

Cooking Time:

Have paper plates with cut up soft fruits ready for children and parents to taste. Be sure to give children a hand wipe before they eat. “Let’s taste some of the fruits we read about today. How does the fruit taste? Is it sweet? Is it crunchy? Is it juicy? The caterpillar ate a lot of different fruits. Can you tell me the name of your favorite fruit?”

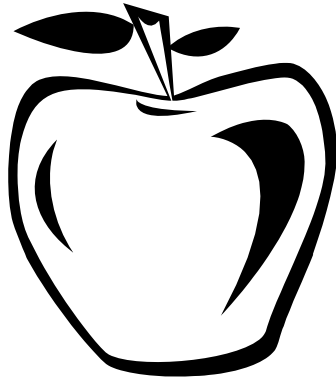
Evaluation:

“Why is it important to eat fruits and vegetables everyday?” (allow time for children and parents to answer) That’s right, fruits and vegetables give us energy to run and play and they keep us healthy. We feel better when we eat fruits and vegetables.”

Conclusion:

Give each parent a copy of the latest Arizona Nutrition Network Fun Food News on fruits and vegetables. Explain that children need plenty of fruits and vegetables every day and that this handout includes ideas on how to get their children to eat more of them. Invite them back for the next class.

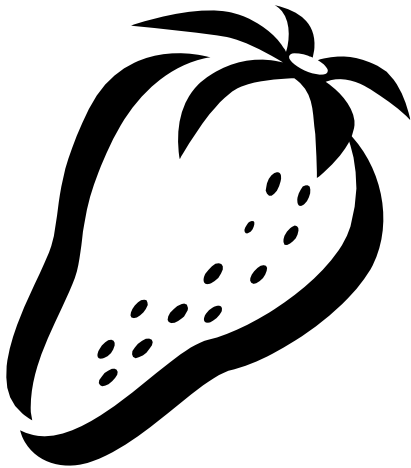
Attachment 1



APPLE



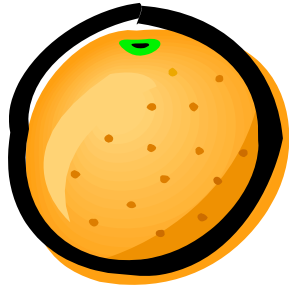
PEARS



STRAWBERRY



PLUM



ORANGE