

Harvest of the Month (HOM) Fruit and Veggie Bingo Cards

Objectives:

- Children learn to identify fruits and vegetables
- Children become comfortable with tasting fruits and vegetables in a positive and supportive learning environment
- Children practice using their senses to explore fruits and vegetables
- Children learn about making predictions

GELDS addressed:

Physical Development and Motor Skills:

PDM2 The child will participate in activities related to nutrition

PDM2.4a Helps prepare nutritious snacks and meals

PDM4.4a Discriminates between and identifies a variety of sights, smells, sounds, textures, and tastes

PDM6 The child will demonstrate fine motor skills

Communication, Language, and Literacy:

CCL1 The child will listen to conversations and demonstrate comprehension

Scientific Skills and Methods:

CD-SC1 The child will demonstrate scientific inquiry skills

Materials:

(1) Forks, (2) knife, (3) cutting board, (4) Harvest of the Month produce, (5) plates, (6) napkins, (7) pictures of Harvest of the Month featured produce, and:

- HOM Fruit and Veggie Bingo Card
- Face stickers (happy, sad and unsure)
- *Make Today a Try Day* stickers
- *Try Day Taste Test* Ballot



Activities:

Discussion: Begin by showing children the whole HOM produce. Show pictures of the HOM produce growing in the garden. Ask open-ended questions. (For example, what color is it? what shape is it?, where does it grow? (vine, bush, underground, etc.), what does it need to grow?) Ask the children to touch it and describe how it feels. How does it smell? Guide the children in making predictions about what the produce will look like on the inside.

Taste the HOM produce: Guide the children in tasting a small piece. Use Try Day Taste Test Ballot sheet to record each child's response. Have each child describe how it looked, tasted, smelled, and made him/her feel. Have children put their sticker on the HOM Fruit and Veggie Bingo Card of their overall impression of the fruit/vegetable (smiley, neutral, sad). Explain to the children that they will have another taste test day at the end of the month after they have had the produce at meals throughout the month. Make a graph recording the children's responses to post in the classroom.

