



Preschooler Activity



Activity #1: I'm as Hungry as A Bear

Learning Objectives

- To understand the signals the child's body sends when they are hungry or full.
- To be able to tell if the child's own stomach is hungry, full or satisfied.
- To introduce children to new foods or new ways to prepare foods and food preparation.

Supplies You Need

- The Hungry Caterpillar Book
- Soap
- Paper Towel
- Jug of water
- Paper plates
- Small cups
- Recipe ingredients
- Bowls or plates
- Knife
- Cutting board

Welcome

Greet each child and know each child's name. Use name tags if you need to. Tell the children your name. Have puzzles and other toys for children to play with while they are waiting for everyone to join the group.

Group Time

Read the book The Hungry Caterpillar.

Talk about the book with the children. Ask the following questions:

- The caterpillar must have been very hungry at the beginning of the story. What does your stomach feel like when it is hungry?
- How do you think the caterpillar felt at the end of the story? What does it feel like when your stomach is full?
- How do you know when it is time to stop eating?
- When do you know that you should eat something?
- Have each child tell how his stomach feels now-hungry, full or in-between.



Physical Activity

Play some activities from the Sport for Fun Guide for about 10 minutes.

Cooking Time

Let the kids know that they will be making Funny Fruity Pizzas! Have all children wash their hands. Stress the importance of handwashing.

Funny Fruit Pizzas

Ingredients: Low-fat mozzarella cheese slices or shredded cheese
English muffins, sliced in half
Fruit washed (apple, banana, orange or seedless grapes)

1. Give each child half a muffin. Have them place a slice of cheese on the muffin.
2. Toast the muffins until the cheese melts. While the muffins are toasting, have the children do the next step.
3. Let children peel the bananas and oranges. They can also pick the grapes off the stems.
4. An adult should cut the fruit in small pieces.
5. Let the children top his or her muffin with fruit.

Serve water and enjoy with children and parents. Remember to talk about pleasant things during the meal. Children should be allowed to choose whether or not they eat and how much they eat.

