

Apple Taste Researchers

Materials: Variety of apples—red, yellow and green; small cutting board; apple slicer; plates or napkins; 2 large sheets of paper with a total of 3 columns (one for each color); large paper for markers.

TS GOLD Objective 20: Uses number concepts and operations

Related Objectives: 8, 9, 11, 17, 22, 24, 26

1. Use one large piece of paper to make a Chart with the Columns.
2. Cut the apples and sort each type onto a plate or napkin.
3. Let students taste each apple and then write or have them write their names in the color column that was their favorite. (Optional—have them place their pre-written name cards/pictures in the column).
4. Count # of names/pictures in each column with the children and then write the numeral in the column.
5. Additional: Encourage students to describe what they like-crunchy, sweet, tart, etc. and list their descriptive words on a large paper.
6. Optional: Read the Apple Chant together.

I'm Thirsty!—Drink Water!

Materials: small cups; pitchers-covered with paper or ones that are not transparent; fruits and vegetables to flavor water; Dairy Council Food Cards or other realistic pictures of fruits and vegetables

TS GOLD Objective 11d: Shows curiosity and motivation

Related Objectives: 7, 8, 11, 12, 24, 29

1. Put different kinds of water in pitchers. Try warm water, ice water and flavored water (add lemon, cucumber, berries, citrus fruit slices or other fruits). Cover the containers so kids cannot see what has been added.
2. Help children to pour samples into small cups and then sample each of the types of water. Place pictures of what flavor is in the water and have them match the picture to the water with the flavor.
3. Prompt students to recall the idea that “every day they can make the healthy choice to drink milk and water” and that “healthy choices help you learn and grow strong” by reminding them of previous learning (songs, conversations or Big Book-).
4. Sing the “I’m Thirsty!” song (see song list-).