

The programming options are provided to support a range of implementation based upon library staffing and community needs. The materials and activities in the Play K curriculum are meant to support Pennsylvania's Learning Standards for Early Childhood and promote school readiness.

Playscape 8: Eating Healthy, Growing Strong!

This playscape explores the theme of health and nutrition with preschoolers and provides direct support for the key learning area of Health, Wellness and Physical Development: Learning About My Body.

An understanding of the basic health concepts related to nutrition is central to healthy decision-making. Two essential questions guide the programming options in this playscape: What foods are healthy for us? Why is it important for us to make healthy food choices? As in all of the playscapes, a variety of key learning areas are reinforced as the children and parents play together and participate in the activities.

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<p>Playscape Materials New for this Playscape: Nutrition Instant Learning Center (optional) https://www.lakeshorelearning.com/products/science/health-nutrition/nutrition-instant-learning-center/p/DD975</p> <p>Parent Activity Card for <i>Eating Healthy, Growing Strong!</i></p> <p>Eat a Rainbow Chart</p> <p>Repurposing from Other Playscapes: Toy foods from Playscape 3: <i>Let's Go Shopping!</i></p> <p>Books <i>Eat Your Colors</i> by Amanda Miller</p> <p><i>Good Enough to Eat: A Kid's Guide to Health and Nutrition</i> by Lizzy Rockwell</p> <p><i>I Will Never, Not Ever Eat a Tomato</i> by Lauren Child</p>	<p>Playscape Set-Up Working with your available space, set out and arrange all or some of the materials and books to create an attractive "play corner" for parents and children. Also, display the following parent tips:</p> <p>Tips for Parents & Children 1,2,3, Play with Me!</p> <ol style="list-style-type: none"> 1. Follow your child's lead while exploring the different activities and use natural opportunities to extend language and concepts. For example, if your child chooses to start playing with the toy foods first, you could say, "Look at all of this different food! Let's see if we can find our favorite healthy choices for a delicious lunch!" 2. Let your child choose one of the books for you to read aloud. As you share the book, connect the story, characters, or concepts to the materials you have been playing with together. For example, "This book is <i>I Will Never, Not Ever Eat a Tomato</i>. That sounds like a funny book about trying 	<p>Circle Time Gather children in a circle to simulate a kindergarten experience. Tell children that storytime today will be a chance to "Play Kindergarten!"</p> <ol style="list-style-type: none"> 1. Praise children for how nicely they are sitting with their eyes on you, and tell them that their kindergarten teacher will love to see this when they start school! 2. Explain that in kindergarten there will be rules to follow during Circle Time. One rule we will practice today is to raise your hand and wait to be called on when you want to say something. Assure them that you will remind them if they forget, but that you are sure they will try their best! 3. Go over the calendar with the children as they do in kindergarten, using the "My First Calendar" board. Talk about the day of the week, the date, the month, the season and the weather for the day and allow children to take turns placing each on the board, if appropriate for the group. 4. Ask children if they remember the Play K theme from awhile back 	<p>Key Learning Areas Reinforced Passive Program Health, Wellness, and Physical Development – Learning About My Body Approaches to Learning Through Play - Constructing, Organizing and Applying Knowledge Language and Literacy - English Language Arts Mathematical Thinking and Expression - Exploring, Processing and Problem-Solving Creative Thinking and Expression – Communicating Through the Arts Partnerships for Learning - Families, Early Care and Education Programs, and Communities</p> <p>Circle Time / Storytime All of the above, plus Social and Emotional Development - Student Interpersonal Skills</p>

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<p><i>Lunch</i> by Denise Fleming</p> <p><i>Bee-Bim Bop!</i> By Linda Sue Park</p> <p><i>Gregory the Terrible Eater</i> by Mitchell Sharmat</p> <p><i>How Did That Get in My Lunchbox? The Story of Food</i> by Chris Butterworth</p> <p><i>Little Pea</i> by Amy Krause Rosenthal</p> <p><i>The Vegetables We Eat</i> by Gail Gibbons</p> <p>Book-FLIX selections Fiction: <i>Chato's Kitchen</i> Nonfiction: <i>Math in the Kitchen</i></p> <p>Fiction: <i>How Do Dinosaurs Eat Their Food?</i> Nonfiction: <i>This is the Way We Eat our Food</i></p> <p>Fiction: <i>Too Many Tamales</i> Nonfiction: <i>Mis Comidas: My Foods</i></p>	<p>to make healthy choices. I don't think this little girl likes tomatoes, do you? Let's read and find out!"</p> <p>3. Build scissor skills with the shapes or other cutting practice activities we have provided. Help your child and "share the scissors" as needed to keep it fun!</p> <p>Optional Technology Extensions Load the theme-related TOCA BOCA Apps on a tablet for children and parents to explore together. TOCA BOCA is an award-winning game development studio that makes popular child-friendly applications for tablets and smartphones (both Apple and Android). Go to tocaboca.com/apps and look for the three Toca Kitchen apps. They encourage playing with a variety of foods in creative ways.</p> <p>Make the parents aware of the Book-Flix selections that support this theme as well as the information specifically for preschoolers on ChooseMyPlate.gov</p>	<p>called, <i>Let's Go Shopping?</i> Tell them that today they are going to use some of the toys from <i>Let's Go Shopping</i> for a new Play K theme: <i>Eating Healthy, Growing Strong!</i></p> <p>5. Have a collection of the toy fruits and vegetables on display. Tell children that fruits and vegetables are healthy food choices that help us grow strong! Explain that "eating a rainbow" of fruits and vegetables will keep us healthy. Ask what they think it means to "eat a rainbow" and clarify any misconceptions so that they understand that it means eating many different colors of fruits and vegetables. Make a large version of the Eat a Rainbow Chart and let children help you name fruits and vegetables for each color. Sharing <i>Eat Your Colors</i> by Amanda Miller will help with this activity.</p> <table border="1" data-bbox="1150 1300 1503 1479"> <tr> <td>Monday</td> <td>red</td> <td>orange</td> <td>yellow</td> <td>green</td> <td>blue</td> </tr> <tr> <td>Tuesday</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Wednesday</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Thursday</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Friday</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Saturday</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sunday</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>	Monday	red	orange	yellow	green	blue	Tuesday						Wednesday						Thursday						Friday						Saturday						Sunday						
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<p>Technology Connection Toca Boca Apps tocaboca.com/apps <i>Toca Kitchen, Toca Kitchen 2 & Toca Kitchen Sushi</i></p> <p>ChooseMyPlate.gov for Preschoolers https://www.choosemyplate.gov/health-and-nutrition-information</p> <p>Master Kit Materials My First Calendar Board Safety Scissors Shapes Handout for Cutting Practice Markers</p>		<p>6. Play a guessing game with fruits and vegetables from <i>Eat Your Colors</i>.</p> <ol style="list-style-type: none"> 1) I am a big, orange fruit. People make me into pies at Thanksgiving. What am I? (Answer: a pumpkin) 2) I am a long, skinny, orange vegetable. Bunnies especially like me! What am I? (Answer: a carrot) 3) I am a small, yellow fruit. People like to squeeze me to get my juice. I taste good in iced tea. What am I? (Answer: a lemon) 4) I am a green vegetable. One bunch of me has many stalks. People say I look like a little tree. What am I? (Answer: broccoli) 5) I am a green fruit. My name rhymes with "hair." What am I? (Answer: a pear) <p>7. Tell children that the play food and a new toy (the Nutrition Center, if your library purchases) will be available for them to explore. If you have the Nutrition Center, briefly introduce the five food groups and show how they can have fun matching foods to</p>	

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		<p>each group. If you do not have the new toy, you may want to use this time to book-talk a few of the themed books, preview a Toca Boca app, or share one of the Book Flix options.</p> <p>8. Close circle time with a song, praise the children for trying their best to remember to raise their hand today, and announce the next Play K program.</p> <p><u>Storytime Extension Options</u></p> <p>TALK: Sorting fruits and veggies Explain that fruits and vegetables are both foods that come from plants. One way we can tell a fruit from a vegetable is that fruits have seeds. Have a real fruit and vegetable cut open to illustrate this point. Show children pictures of fruits and vegetables or use the toy food. Let them name each one and tell you whether it is a fruit or a vegetable, giving help as needed.</p>	

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		<p>SING: The Vegetable Song Sung to: "Twinkle, Twinkle Little Star"</p> <p><i>Carrots, Peas, and Broccoli, Vegetables are good for me. For my snack and in my lunch, Veggie sticks are great to munch. Carrots, Peas, and Broccoli, Vegetables are good for me!</i></p> <p>READ: Additional books on this theme~</p> <p>http://pacruisetok.org/pdf/HealthyBodies.pdf</p> <p>http://www.pareadyssetgrow.org/book-list/</p> <p>WRITE: Give children a plain white paper plate and crayons or markers. Ask them to draw their favorite rainbow foods they will eat this week. If age appropriate, help them label their fruits and vegetables.</p>	

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		<p>PLAY: Vegetable Soup Sung to: "Farmer in the Dell" Have the children stand around a large imaginary pot pretending to stir the soup.</p> <p>The soup is boiling up The soup is boiling up Stir slow-around we go The soup is boiling up. First, we add the broth First, we add the broth Stir slow-around we go The soup is boiling up. Now, we add some carrots Now, we add some carrots Stir slow-around we go The soup is boiling up.</p> <p>Continue with other vegetables, pretending to throw each one into the pot.</p>	