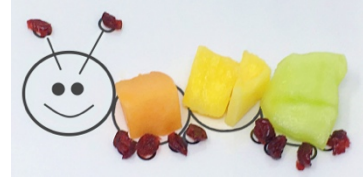


Food Tasting 3: Fruit Caterpillar

(Melons, Pineapples, and Dried Cranberries)



Overview

¡Miranos! Food Tastings are designed to introduce children to new foods in a fun, non-stressful way. The children learn about the new food they will try throughout the week during small lessons. This builds excitement and curiosity for the day when the food will be tried. Food tastings should occur at the end of the week after all lesson material has been presented.

Please see the ¡Miranos! Food Tastings Training content and Food Tasting Training Video for guidance and practical tips for implementing food tastings in your center.

[Food Tasting Training Manual](#)

[How to Food Tasting Video](#)

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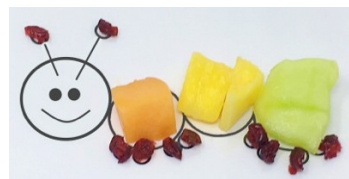
[Caterpillar Template for Food Tasting](#)

- Recommend laminating template to make it waterproof and reusable.

[Food Tasting Handout for Parents](#)

Classroom Lesson

Complete any day or over multiple days before the tasting



Supplies Needed:

- Mystery Box* or tote bag
- Melon or Pineapple provided by Central Kitchen

1. Mystery Box

Start your lesson using the Mystery Box.

****Mystery Box may not be possible with large melons and pineapple. Instead hide the item in a large tote bag, or just show the item to the children and see if they can identify it or know what it is (fruit or vegetable)**

- Let all children feel the fruit.
- Talk to them about what they are feeling. Is it smooth? bumpy? fuzzy, hard?
- Make sure to identify it as a fruit or vegetable.

2. Fruit & Health

Talk about the importance of vegetables to general health

- Eating fruits helps us grow big and strong.
- Eating fruits gives us nutrients that keep us healthy and are good for our heart, brain, skin, and eyes.
- To get all the nutrients our body needs we should eat all different colors of fruit. Think of the colors of the rainbow!
- Name different colored fruits – RED apples, ORANGE oranges, YELLOW pineapples, GREEN cucumber, BLUE blueberries, PURPLE grapes

3. Fruit Fun Facts:

- Melon has a big family that includes watermelon (top picture), cantaloupe (orange melon) and honeydew (green melon) are part of the melon family. **Show Image 1.**
- Cantaloupe and Honeydew melon grow on vines. **Show image 2**
- There are 100 different types of pineapples. **Show image 3.**



- d. Cranberries grown on vines on land with lots of water. They float when they are ready to be picked. See picture of cranberries growing!

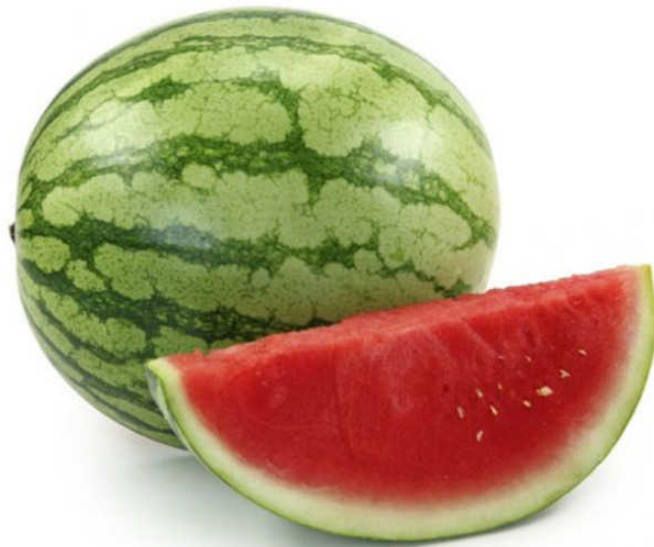
Show Image 4.

Explain the cranberry picture. *“Cranberries can be dried by heat. Which removes the water from the berry and makes them look wrinkled.”* **Show Image 5.**

4. **End lesson:** This week we will taste Melon, Pineapple, and Cranberry Hungry Caterpillars! **Show Image 6.**



Watermelon



Cantaloupe



Honeydew



Image 2



Image 3



Image 4



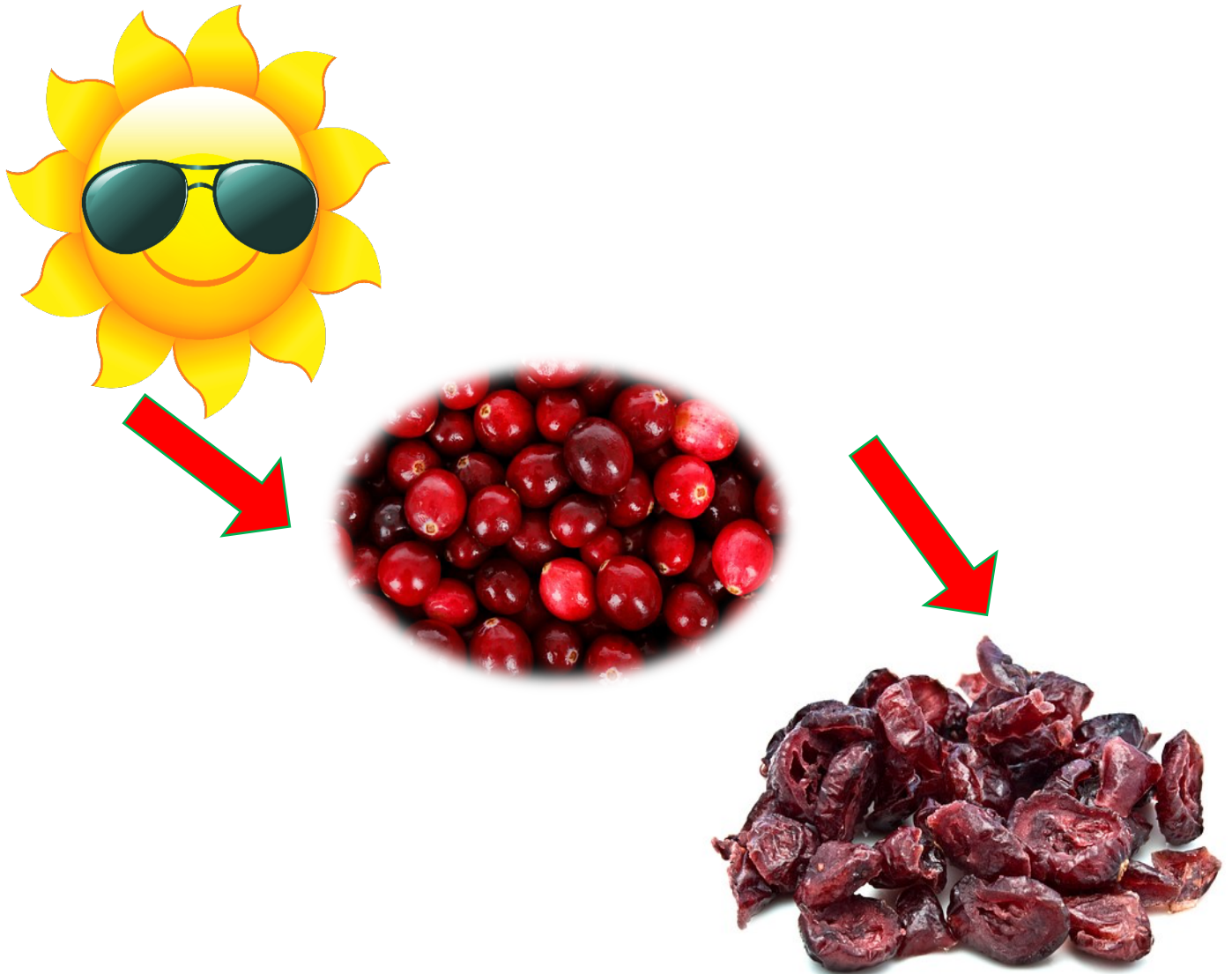
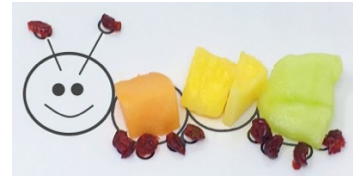


Image 6



Recommended CACFP Snack to accompany the food tasting (per child):

- ½ cup mixed fresh melon
- 2 saltine crackers
- Dried cranberries are extra and not apart of the CACFP snack



CACFP Snack Crediting Information:

- ½ cup fruit
- 1 grain

Central Kitchen Ordering Guide

Ordering Guide Central Kitchen

(Fill appropriate information for your center)

¡Miranos! Item	Amount per Child	Supplier	Product Name	Category	Product Number	Size	Cost	Quantity Needed for Center
Fruit for Snack	½ cup melon		Mixed Fresh Fruit (melons, pineapple, etc. in light syrup)	Fresh Fruit				
Fruit for Snack	1 Tbsp		Dried Cranberries (Craisins)	Dried Fruit				
Grain for snack	2 saltine crackers		Saltine Crackers	Crackers				
Deliver these supplies to center teacher in a brown lunch bag. (For classroom lesson)								
Classroom tasting lesson	1 bag per classroom		Paper Lunch Bags	Paper Goods				
Classroom tasting lesson	1 per classroom		Whole melon OR pineapple, fresh	Fruit				

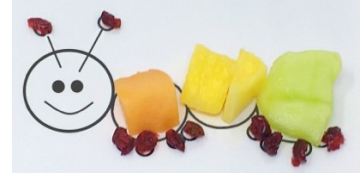
Central kitchen will send brown bag items at the beginning of the week of the food tasting. The teacher will use the items for the classroom lessons.

For each classroom, please place all items in brown bag mark "For Teacher".



Recommended CACFP Snack to accompany the food tasting (per child):

- ½ cup mixed fresh melon
- 2 saltine crackers
- Dried cranberries are extra and not apart of the CACFP snack



Fruit Caterpillar Preparation instructions

Center Kitchen Supplies Needed

- Plates
- Serving Pans
- Cups (for water)
- **3oz (1/3 cup) scoop**
- Tablespoon

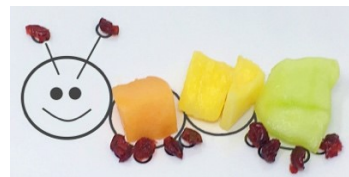
Food Items Needed

- Mixed Fresh Fruit (melons, cantaloupe, pineapple, etc.)
- Saltine Crackers

Instructions for Center-Nutrition Staff

- Store fruit in refrigerator or coolers until served.
- Portion out fruit, cranberries and saltines for each classroom.
- At snack time, deliver fruit and cranberries to the classroom with:
 - A **3oz-1/3 cup spoon** for fruit mix.
 - **Tablespoon** for the dried cranberries
 - Saltines
 - Paper goods, plates, cups, etc.
- Remind Teacher that each child will receive **1/3 cup scoop of fruit mix & 1 Tablespoon cranberries**

Classroom Tasting Instructions



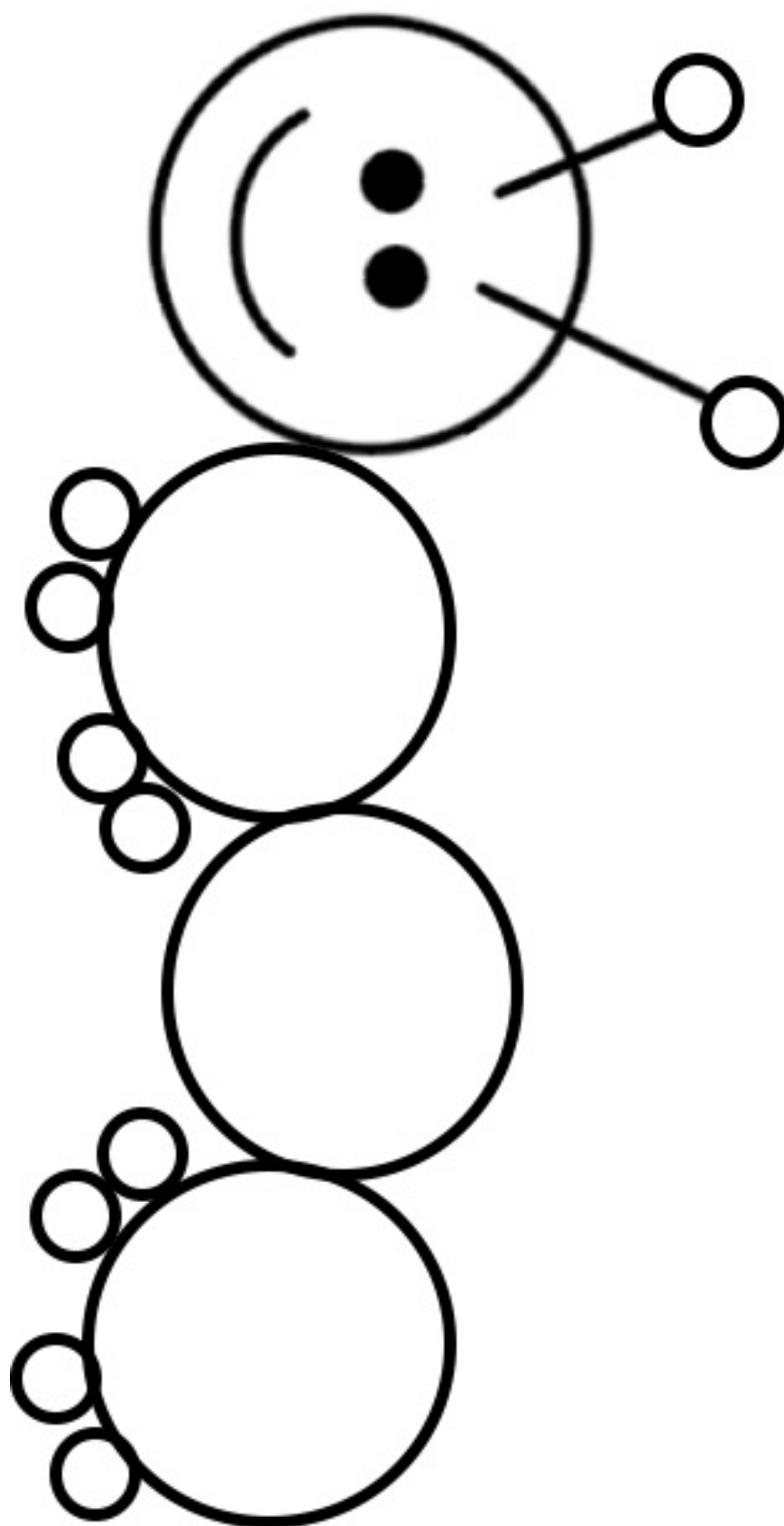
Supplies Needed:

- Snack food items from center nutrition staff
- Copies of the caterpillar template (serves as a placemat)
- Participation stickers “**I TRIED ...**”
- Coordinating Tasting Handout to send home with parents.

Set Up & Introduction

1. *“Today we are going to taste cantaloupe, honeydew, pineapple and dried cranberries! We are going to use the fruit to complete a caterpillar pattern before we eat them! Do you remember the book “The Very Hungry Caterpillar”? What did he eat?”* Allow them to name items. *“Fruit was one of the many things he ate!”*
2. Pass out plates and cups for water to children.
3. **Have children take 1 scoop of fruit mix (1/3 cup – about 3- 4 pieces of fruit) and 1 Tbsp dried cranberries.**
4. Allow children to make their fruit caterpillar.
5. Allow kids to taste
6. Questions to ask
 - *How it tastes (Sweet, sour, soft, crunchy)*
 - *Did they like it or didn’t like it.*
7. **Reluctant Children:** If a child does not want to eat the vegetable or fruit, encourage them to smell it (“does it smell sweet”), ask them to touch it (“it is cool and soft to touch”)
 - *Reaffirm that it is okay if they do not want to try the vegetable or fruit and offer positive encouragement and praise for smelling and touching the new food.*
8. **Wrapping up the Tasting**
 - For the entire class offer lots of encouragement and praise for trying something new. They will receive a food tasting sticker if they tasted, smelled, or touched the food.
 - Remind them that eating vegetables and fruit of all different colors like cantaloupe, honeydew and pineapple helps keep their bodies healthy.
9. **Pass out stickers “I tried fruit caterpillars”.**
10. Clean up

****Do not forget to give the coordinating Parent Handout to parents at pickup***



Fruit Caterpillar

Preparation: About 15 minutes

Serving: 4 caterpillars

What You Will Need:

- ½ cup of cubed honeydew melon
- ½ cup of cubed pineapple
- ½ cup of cubed cantaloupe
- Dried cranberries, ¼ cup
- Caterpillar template

Directions:

- Wash honeydew and cantaloupe in cold running water.
- Slice honeydew, cantaloupe, and pineapple into small half-inch cubes.
- On the caterpillar template with your child's help:
 - Place honeydew, cantaloupe, and pineapple pieces on the large circles.
 - Place dried cranberries on the small circles.
- Enjoy!



LITTLE HELPERS

Children can help wash the wash the whole, uncut melons.

Fun Facts!

- Trying new foods can be fun by making animals, shapes, numbers, or letters with the food!
- Buy a melon that is heavier which means it is juicier and has more flavor!



JOKE CORNER

What pillar doesn't need holding up?

