

# TINY TASTE

## See How We Grow



A **Sensory** Taste Testing Experience for **Preschoolers**

SC DHEC  
Bureau of Community Nutrition Services  
Division of Public Health Nutrition Practice and SNAP-Ed Program



## Acknowledgements

This curriculum is the product of input from many people.

The concept of the ***Tiny Taste – See How We Grow Program*** was implemented originally by Rebecca Wrenn with extensive help from the members of the South Carolina Department of Health and Environmental Control SNAP-Ed Program. Thanks to QuinTasha Knox, Kayla Lyles and Kristen Ross for conducting and analyzing each lesson for the 2017 curriculum revisions.

## Introduction

Fruits and vegetables are some of the most disliked foods among children. Child care providers and families struggle with getting children to consume these important food groups, especially vegetables. The early childhood stage is a critical time for development of food preferences, which have been shown to transition into adulthood. Food preferences are developed through frequent exposure to flavors.



***Tiny Taste – See How We Grow*** is a sensory taste testing experience designed to increase the consumption of fruits and vegetables among preschoolers. It is a learning opportunity that is both interactive and engaging. The curriculum is extremely flexible and can be tailored to your teaching schedule. The curriculum features a “I tried a new food” star and take-home newsletter for parents and caregivers with fun facts, recipes and resources. Lessons are conducted monthly at Head Start Centers and Early Child Care Settings. Foods used in the curriculum can be also added to child care site menus to further reinforce health eating behaviors.

## Using the Curriculum

The curriculum has suggested months for teaching to help educators sequence the lessons. The lessons can be easily adapted for any kind of fruit or vegetable. Lessons include: pineapple, zucchini, butternut squash, lentils, blackberries, mangos, star fruit, blood oranges, beets, blueberries, kiwi, sugar snap peas and honeydew melon.

**Each lesson follows the same format and includes the following sections:**

- Objective(s)
- Materials & Handouts
- Lesson/Step-by-Step-Sensory
- Vocabulary Focus
- Counting Activity
- Song/Dance

This curriculum meets the South Carolina Early Childhood Education standards for child care.

# Pineapple



## Objectives

### Students will:

- Participate in a food sensory experience and sample pineapple
- Describe how the food feels, tastes, looks and grows
- Participate in a song and dance associated with the food sampled
- Identify food name and description through reading, writing and counting



## Materials & Handouts

- Whole pineapple
- Picture of a pineapple plant
- Picture of a pineapple cut in half
- Reading/writing activity materials
- Art, craft and other activity materials
- Nutrition Super Star (Pineapple)
- Parent newsletter

## Song

(To the tune of the Patty Cake song)

Pineapple, Pineapple  
 Yellow and sweet!  
 Pineapple, Pineapple  
 I like to eat

## Discussion

- Hello, class. I have something in my bag. Can you guess what it is? Look at the bag! Do you think it's something small or big? I am going to give you some clues: It's a fruit and its color is yellow.
- *When the class guesses the fruit (or even if they don't) pull the pineapple out of the bag.*
- Raise your hand if you have eaten pineapple before? Was it fresh or canned? Who likes pineapple? How does pineapple taste? *A little sweet and sour.*
- Now let's talk about how the pineapple looks. What color do you see? *Green.* What about the shape? *Circle.*
- What color do you think a pineapple is on the inside? *Yellow.* (*Show pineapple half*) How do you think it feels on the inside? *Soft and juicy.*
- How do you think a pineapple feels? *Rough and hard.* I'm going to let everyone hold the pineapple. (*Pass around so everyone can feel the whole pineapple*)
- How does a pineapple grow? *It grows on a plant.* (*Show picture of the pineapple plant*)
- Do pineapples grow in South Carolina? *No. It grows in Hawaii.*
- Time to sing a song about pineapples!

# Tiny Taste – See How We Grow

# MONTHLY NEWSLETTER

Dear Parent or Guardian,

This month your child learned about

# Pineapple!

## Fun Facts

- The top of a pineapple, after cleaning and drying, can be planted in soil and a new plant will grow.
- The top pineapple producing countries in the world are the Philippines, Thailand and Costa Rica.

## Nutrition Profile

- A great source of **manganese** which helps keep our bones and nervous system healthy and **vitamin C** which aids in strengthening our immune system.
- It is also high in **bromelain**, an enzyme that breaks down protein, which is great as a meat marinade and tenderizer.

## Selecting & Storing

- Choose fresh-looking pineapples with dark green leaves that are heavy for size. Store the whole pineapple at room temperature or refrigerated to keep it fresh longer. Eat the pineapple within a few days. Fresh cut pineapple can be frozen.

## RECIPE SPOTLIGHT

### Hawaiian Chicken Kabobs

#### Ingredients:

- 3 Tablespoons of low sodium soy sauce
- 3 Tablespoons of brown sugar
- 1 Tablespoon of canola oil
- ¼ teaspoon ground ginger
- ¼ teaspoon garlic powder
- 8 skinless boneless chicken breast (cut into 2 inch pieces)
- 1 can (20oz) of pineapple chunks
- Skewers

#### Directions:

1. In a shallow glass dish, mix the soy sauce, brown sugar, ginger, and garlic powder. Stir the chicken pieces and pineapple into the marinade until well coated. Cover and marinate in the refrigerator at least 2 hours.
2. Preheat grill to medium-high heat.
3. Lightly oil the grill grate with the canola oil. Thread chicken and pineapple alternately onto skewers.
4. Grill 15 to 20 minutes, turning occasionally, or until chicken juices run clear.

#### Nutritional Information:

**Servings:** 4  
**Serving Size:** 2 Chicken Kabobs  
**Calories:** 243  
**Fat:** 7g  
**Sodium:** 278mg  
**Carbohydrates:** 17g

## HELPFUL RESOURCES

### Women, Infants and Children's Program

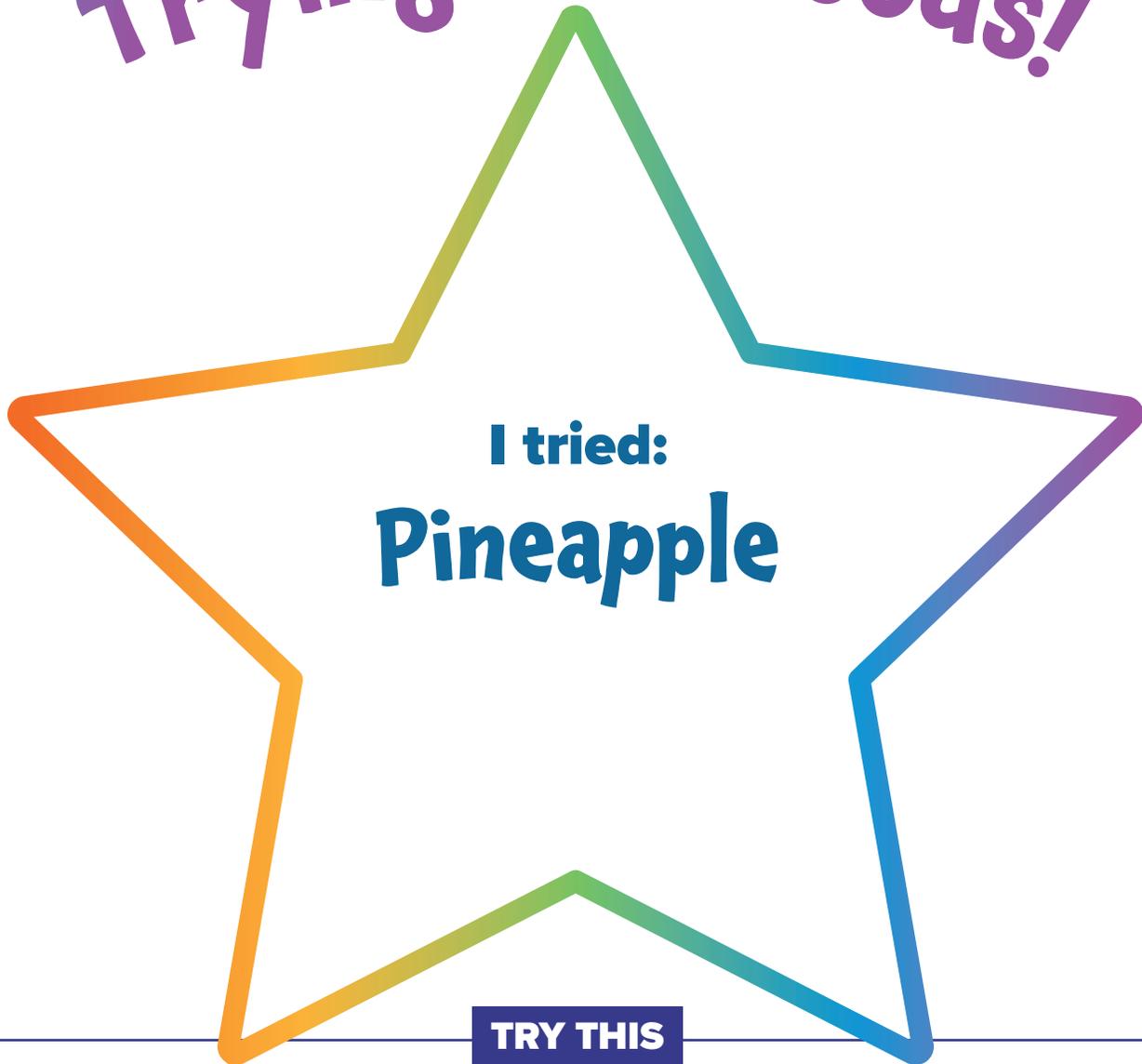
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# Trying New Foods!



## TRY THIS

**Use new words as you explore new foods together. Ask – How does this food:**

**Look?** Green, orange, purple, round, skinny, oval, tiny, huge

**Feel?** Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy

**Sound?** Crunch, crackle, splash, pop, snap

**Taste?** Sweet, salty, bitter, spicy, bland, sour

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TINY TASTE - SEE HOW WE GROW

EDUCATIONAL CURRICULUM



# PINK APPLE



# Zucchini



## Objectives

### Students will:

- Participate in a food sensory experience and sample zucchini
- Describe how the food feels, tastes, looks and grows
- Participate in a song and dance associated with the food sampled
- Identify food name and description through reading, writing and counting



## Materials & Handouts

- Whole zucchini
- Picture of zucchini on a vine
- Picture of a zucchini cut in half
- Reading/writing activity materials
- Art, craft and other activity materials
- Nutrition Super Star (Zucchini)
- Parent newsletter



## Song

(To the tune of the Patty Cake song)

Zucchini, Zucchini!

Good for you

And good for me!

## Discussion

- Hello, class. I have something in my bag. Can you guess what it is? Look at the bag! Do you think it's something small or big? I am going to give you some clues: It's a vegetable and its color is green.
- *When the class guesses the vegetable (or even if they don't) pull the zucchini out of the bag.*
- Raise your hand if you have eaten zucchini before? Was it fresh? Who likes zucchini? How does zucchini taste? *A little sweet or bitter.*
- Now let's talk about how the zucchini looks. What color do you see? *Green.* What about the shape? *Cylinder.*
- What color do you think a zucchini is on the inside? *White or pale yellow.* (Show zucchini half) How do you think it feels on the inside? *Soft and Crunchy.*
- How do you think a zucchini feels? *Smooth and firm.* I'm going to let everyone hold the zucchini. (Pass around so everyone can feel the whole zucchini)
- How does a zucchini grow? *It grows on a vine.* (Show picture of the zucchini on a vine)
- Do zucchini grow in South Carolina? *Yes.*
- Time to sing a song about zucchini!

# Tiny Taste – See How We Grow

# MONTHLY NEWSLETTER

Dear Parent or Guardian,

This month your child learned about

## Zucchini!

### Fun Facts

- A zucchini has more potassium than a banana.
- April 25th is National Zucchini Bread Day.

### Nutrition Profile

- Contains **potassium** which helps to keep bones strong and healthy while also helping to lower blood pressure, helps your muscles to move, your nerves to work, and your kidneys to filter blood.
- High in **vitamin C** which can help lower blood pressure, and protect against inflammation and clogged arteries.
- **Vitamin A** supports the immune system by increasing the body's immunity to fight infections, helps strengthen vision, and has or plays a role in bone development.

### Selecting & Storing

- Choose zucchini that are firm and free of cuts and bruises. Store zucchini in a plastic bag in the refrigerator for 4 to 5 days.
- Do not wash until you are ready to use it. Cooked zucchini can be stored in the refrigerator and should be used in 2 days.

### RECIPE SPOTLIGHT

## Crunchy Zucchini Fries

### Ingredients:

- 1 egg white
- 1 Tablespoon light mayonnaise
- 3 medium zucchini, cut into stick shapes
- ¼ cup plain dry whole wheat bread crumbs
- 2 Tablespoons cornmeal
- ¼ teaspoon of salt
- 1 teaspoon of chili powder

### Directions:

1. Preheat the oven to 425° F. Spray a large baking sheet with cooking spray. Whisk together egg white and mayonnaise in a large bowl until blended. Add zucchini sticks into bowl and toss until well coated.
2. Place bread crumbs, cornmeal, chili powder, and salt in a large storage bag. Add zucchini, a few pieces at a time, shaking bag to coat all sides. Place zucchini in one layer on the baking sheet and lightly spray with cooking spray. Bake until golden about 20 Minutes.

### Nutritional Information:

**Servings:** 6  
**Serving Size:** 7 zucchini fries  
**Calories:** 60  
**Total Fat:** 1.5g  
**Sodium:** 140mg  
**Carbohydrates:** 9g  
**Protein:** 3g

## HELPFUL RESOURCES

### Women, Infants and Children's Program

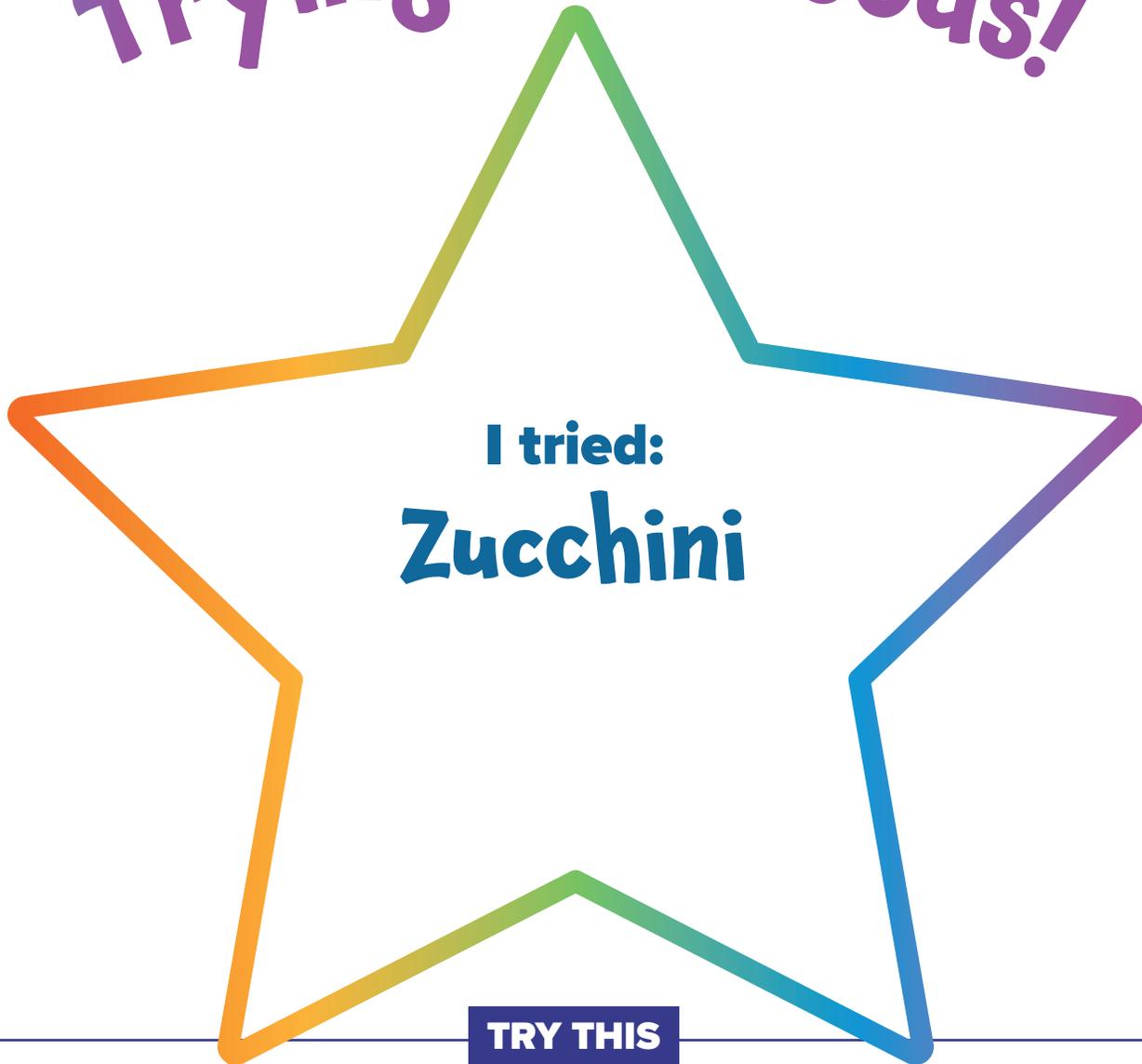
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# Trying New Foods!



## TRY THIS

**Use new words as you explore new foods together. Ask – How does this food:**

**Look?** Green, orange, purple, round, skinny, oval, tiny, huge

**Feel?** Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy

**Sound?** Crunch, crackle, splash, pop, snap

**Taste?** Sweet, salty, bitter, spicy, bland, sour

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**Zucchini**



**Patty Pan**



**Yellow Crook  
Neck**

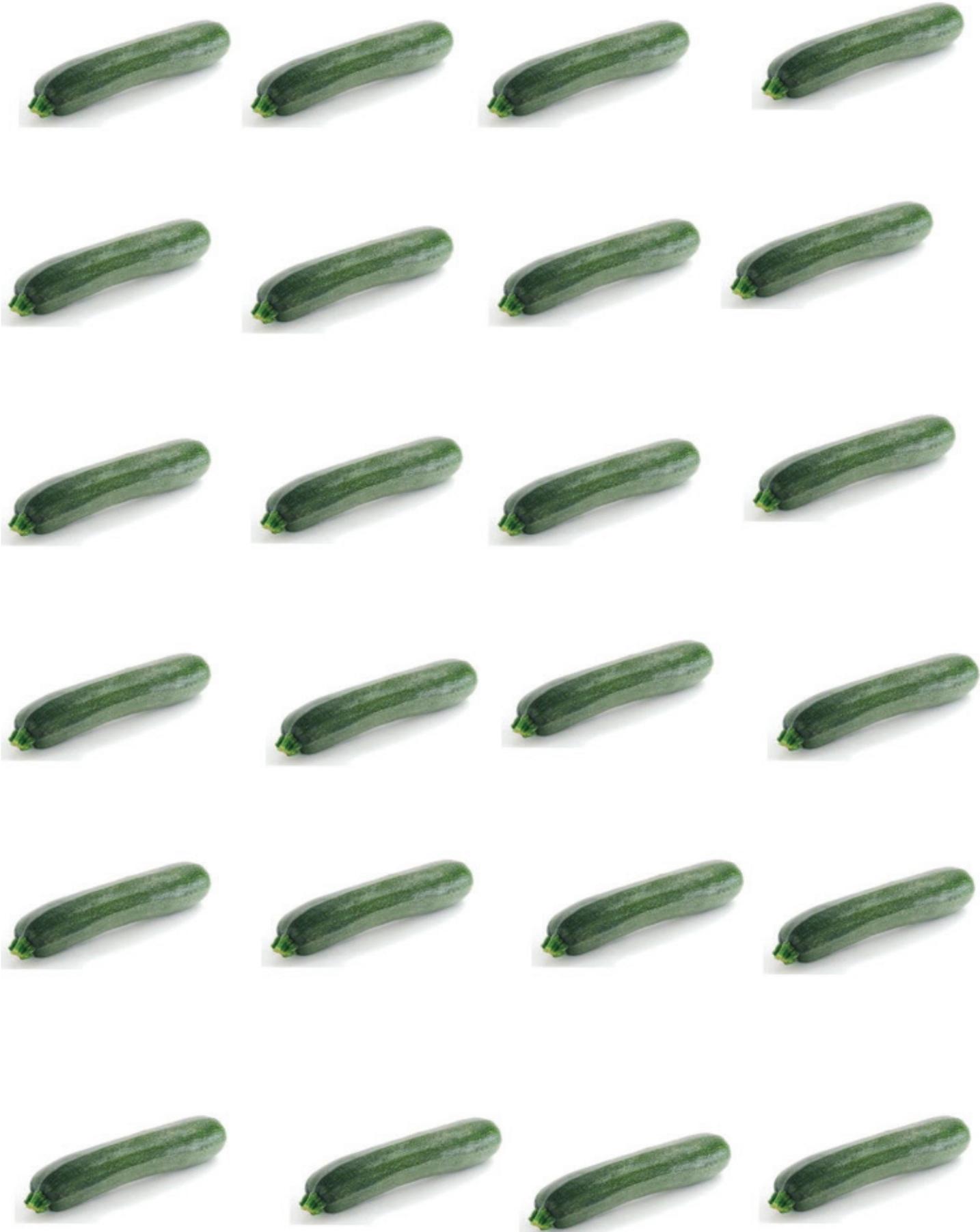


**Straight Neck  
Yellow**

TINY TASTE – SEE HOW WE GROW

EDUCATIONAL CURRICULUM

# ZUCCHINI



# Butternut Squash



## Objectives

### Students will:

- Participate in a food sensory experience and sample butternut squash
- Describe how the food feels, tastes, looks and grows
- Participate in a song and dance associated with the food sampled
- Identify food name and description through reading, writing and counting



## Materials & Handouts

- Whole butternut squash
- Picture of a butternut squash on a vine
- Picture of a butternut squash cut in half
- Reading/writing activity materials
- Art, craft and other activity materials
- Nutrition Super Star (Butternut Squash)
- Parent newsletter

## Song

(To the tune of Mary Had a Little Lamb)

Butternut Squash, OH MY GOSH!  
OH MY GOSH! OH MY GOSH!  
(put hands on face)

Butternut Squash, OH MY GOSH!  
(put hands of face)

## Discussion

- Hello, class. I have something in my bag. Can you guess what it is? Look at the bag! Do you think it's something small or big? I am going to give you some clues: It's a vegetable and its color is orange.
- *When the class guesses the vegetable (or even if they don't) pull the butternut squash out of the bag.*
- Raise your hand if you have eaten butternut squash before? Was it fresh? Who likes butternut squash? How does butternut squash taste? *Buttery and Nutty.*
- Now let's talk about how the butternut squash looks. What color do you see? *Orange.* What about the shape? *Bell.*
- What color do you think a butternut squash is on the inside? *Orange. (Show butternut squash half)* How do you think it feels on the inside? *Soft and Mushy. (Seeds)*
- How do you think a butternut squash feels? Smooth and heavy. I'm going to let everyone hold the butternut squash. *(Pass around so everyone can feel the whole butternut squash)*
- How does a butternut squash grow? *It grows on a vine. (Show picture of the butternut squash on a vine)*
- Does butternut squash grow in South Carolina? *Yes.*
- Time to sing a song about butternut squash!

# Tiny Taste – See How We Grow

# MONTHLY NEWSLETTER

Dear Parent or Guardian,

## This month your child learned about

# Butternut Squash!

### Fun Facts

- Australians actually call butternut squash, butternut pumpkin.
- It originated from South America and has been eaten by the Mexicans as long ago as 500BC.

### Nutrition Profile

- Butternut squash is a great source of a complex carbohydrate called **fiber**, that provides a slower release of energy.
- Butternut squash is a rich source of **antioxidants**.
- Antioxidants are **vitamins** and other nutrients that are good for your body and may help prevent or stop vision loss, cancer and heart disease and strokes.

### Selecting & Storing

- Choose butternut squash that feels firm.
- Store in a cool, dark place. Plastic bags, refrigeration and room temperature will reduce shelf life.

### RECIPE SPOTLIGHT

## Roasted Butternut Squash

### Ingredients:

- 1 medium butternut squash, about 2 pounds
- 1 Tablespoon extra virgin olive oil
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- salt and ground pepper to taste (*optional*)

### Directions:

1. Preheat oven to 400° F. Cut bottom off of squash so it will sit flat. Peel with vegetable peeler. Scoop out seeds. Cut into 1 inch cubes.
2. Place into a bowl and toss with oil, cinnamon, nutmeg, salt and pepper (*optional*) and transfer to large baking sheet. Spread out in a single layer.
3. Roast, tossing occasionally, until tender and golden brown, about 30 minutes.

### Nutritional Information:

**Servings:** 3  
**Serving Size:** 1 cup  
**Calories:** 150  
**Total Fat:** 3.5g  
**Sodium:** 6mg  
**Carbohydrates:** 27g  
**Dietary Fiber:** 3g  
**Protein:** 3g

## HELPFUL RESOURCES

### Women, Infants and Children's Program

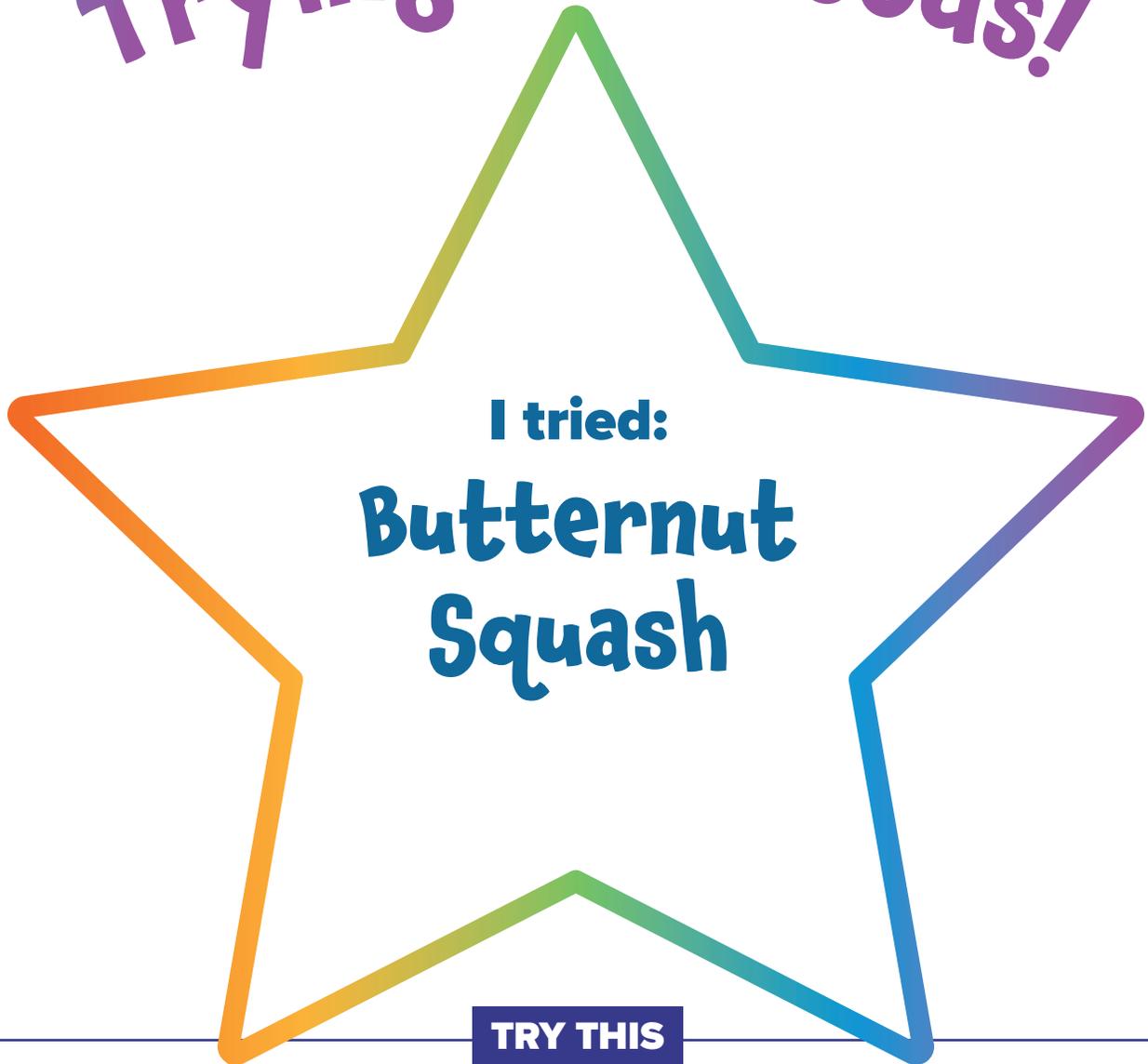
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# Trying New Foods!



## TRY THIS

**Use new words as you explore new foods together. Ask – How does this food:**

**Look?** Green, orange, purple, round, skinny, oval, tiny, huge

**Feel?** Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy

**Sound?** Crunch, crackle, splash, pop, snap

**Taste?** Sweet, salty, bitter, spicy, bland, sour

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TINY TASTE – SEE HOW WE GROW

EDUCATIONAL CURRICULUM



BUTTER  
NUT  
SQUASH



# Lentils



## Objectives

### Students will:

- Participate in a food sensory experience and sample lentils
- Describe how the food feels, tastes, looks and grows
- Participate in a song and dance associated with the food sampled
- Identify food name and description through reading, writing and counting



## Materials & Handouts

- Whole lentils
- Picture of a lentil plant
- Picture of a lentil cut in half
- Reading/writing activity materials
- Art, craft and other activity materials
- Nutrition Super Star (Lentils)
- Parent newsletter

## Song

*(To the tune of the Farmer in the Dell)*

The lentils in the pod,  
The lentils in the pod,  
Black, green, orange and brown,  
The lentils in the pod.

## Discussion

- Hello, class. I have something in my bag. Can you guess what it is? Look at the bag! Do you think it's something small or big? I am going to give you some clues: It's a vegetable and it can be green, brown, yellow, black, or red.
- *When the class guesses the vegetable (or even if they don't) pull the lentils out of the bag.*
- Raise your hand if you have eaten lentils before? Was it fresh? Who likes lentils? How do lentils taste? *Mild flavor. They take on the taste of the seasoning that is used.*
- Now let's talk about how lentils look. What colors do you see? *Green, Brown, Yellow, Black, and Red.* What about the shape? *Round, flat disk.*
- What color do you think a lentil is on the inside? *Green, brown, yellow, black, and red. (Show lentil half)* How do you think it feels on the inside? *Hard when it is not cooked but will be soft once it is cooked.*
- How do you think a lentil feels? *Smooth and hard.* I'm going to let everyone hold the lentil. *(Pass around so everyone can feel the whole lentil)*
- How does a lentil grow? *It grows on a plant inside of a pod. (Show picture of a lentil plant)*
- Does lentils grow in South Carolina? *No, they grow in Washington, Idaho and Canada.*
- Time to sing a song about lentils!

# Tiny Taste – See How We Grow

# MONTHLY NEWSLETTER

Dear Parent or Guardian,

This month your child learned about

## Lentils!

### Fun Facts

- There is a National Lentil Festival in Pullman, Washington every year.
- Lentils are legumes and originated in central Asia and were found in tombs of the Ancient Egyptians in 2400 BC.

### Nutrition Profile

- Lentils are an excellent source of **protein** which is an important building block of bones, muscles, skin and blood.
- Lentils are a good source of **fiber**. It is important for regular bowel movements and to prevent constipation. Fiber can also help prevent heart disease because it can help lower your cholesterol. Fiber is found in vegetables, fruits, whole grains and legumes.

### Selecting & Storing

- Store dried and canned legumes in a cool, dry place off the floor. Before cooking dried legumes, wash them and then check them a handful at a time and remove small rocks, and throw out any beans that are broken, discolored or shriveled. Unused dried lentils can be stored in a resealable plastic bag or a plastic or glass jar with a tightly fitting lid. Use a plastic or glass container with a tightly fitting lid to store leftover canned lentils. Use any leftovers within 2 days or freeze them for another meal.

### RECIPE SPOTLIGHT

## Lentil Soup

### Ingredients:

- 1 onion, chopped
- 2 carrots, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 2 cups dry lentils
- 1 can diced tomato no salt added
- ¼ cup olive oil
- 1 teaspoon dried oregano and basil
- 1 bay leaf
- salt and pepper to taste
- 8 cups water

### Directions:

1. In a large soup pot, heat oil over medium heat; add onion, carrot, celery; cook and stir until onions are tender. Stir in garlic, bay leaf and herbs; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Season with salt and pepper to taste. Bring to a boil. Reduce heat and simmer for 50 minutes.

### Nutritional Information:

**Servings:** 6  
**Serving Size:** 1 cup  
**Calories:** 236  
**Total Fat:** 9g  
**Sodium:** 131mg  
**Carbohydrates:** 37.8g  
**Protein:** 18.3g

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# Trying New Foods!

I tried:  
**Lentils**

## TRY THIS

Use new words as you explore new foods together. Ask – How does this food:

**Look?** Green, orange, purple, round, skinny, oval, tiny, huge

**Feel?** Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy

**Sound?** Crunch, crackle, splash, pop, snap

**Taste?** Sweet, salty, bitter, spicy, bland, sour

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**TINY TASTE – SEE HOW WE GROW**

**EDUCATIONAL CURRICULUM**





# LENTILS



YELLOW



BROWN



GREEN

LENTILS



FRENCH GREEN  
[ LE PUY ]



RED



BLACK  
[ BELUGA ]

# Blackberries



## Objectives

### Students will:

- Participate in a food sensory experience and sample blackberries
- Describe how the food feels, tastes, looks and grows
- Participate in a song and dance associated with the food sampled
- Identify food name and description through reading, writing and counting



## Materials & Handouts

- Whole blackberries
- Picture of a blackberry bush
- Picture of a blackberry cut in half
- Reading/writing activity materials
- Art, craft and other activity materials
- Nutrition Super Star (Blackberries)
- Parent newsletter

## Discussion

- Hello, class. I have something in my bag. Can you guess what it is? Look at the bag! Do you think it's something small or big? I am going to give you some clues: It's a fruit and its color is black.
- *When the class guesses the fruit (or even if they don't) pull the blackberry out of the bag.*
- Raise your hand if you have eaten blackberries before? Were they fresh or frozen? Who likes blackberries? How do blackberries taste? *A little sweet and sour.*
- Now let's talk about how blackberries look. What color do you see? *Black or Purple.* What about the shape? *Cone or Bell.*
- What color do you think a blackberry is on the inside? *Red. (Show blackberry half)* How do you think it feels on the inside? *Soft and juicy.*
- How do you think a blackberry feels? *Soft.* I'm going to let everyone hold the blackberry. *(Pass around so everyone can feel the whole blackberry)*
- How does a blackberry grow? *It grows on a bush. (Show picture of the blackberry bush)*
- Do blackberries grow in South Carolina? *Yes*
- Time to sing a song about blackberries!



## Song

*(repeat at different volumes ranging from a whisper to a shout)*

When I say Black, you say Berry

Black!

Berry!

Tiny Taste – See How We Grow

# MONTHLY NEWSLETTER

Dear Parent or Guardian,

This month your child learned about

## Blackberries!

### Fun Facts

- Blackberries are also known as brambleberries because it grows from a bramble, a bush that has thorny stems. Other names include brambleberries, dewberries and thimbleberries.

### Nutrition Profile

- Blackberries are high in **vitamin C**, which helps the body make collagen, an important protein used to make skin, cartilage, tendons, ligaments, and blood vessels.
- The antioxidant, **anthocyanin**, that give blackberries their glossy, dark color, and it's this powerful phytonutrient that is shown to protect the brain and may even reduce the effects of age-related conditions such as Alzheimer's disease and dementia.

### Selecting & Storing

- Choose berries that are plump, tender, and bright in color. Avoid containers that are damp or stained, which might be signs of overripe fruit. Remove and discard any moldy or mushy berries
- Refrigerate unwashed berries, loosely covered, in a single layer. Store in the refrigerator up to three days. Gently rinse berries, only when you are ready to eat them.

### RECIPE SPOTLIGHT

## Whole Wheat Blackberry Muffins

### Ingredients:

- 1 cup whole wheat flour
- 1 cup all purpose flour
- $\frac{2}{3}$  cup white sugar
- 1 Tablespoon baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 2 eggs, beaten
- 2 cups half-and-half
- 1 cup fresh or frozen blackberries

### Directions:

1. Preheat oven to 400° F. Butter muffin pan.
2. In a large mixing bowl, whisk together flours, sugar, baking powder, salt, and cinnamon. In another bowl, whisk together half-and-half and eggs.
3. Stir wet ingredients into dry, mixing just to combine.
4. Fold in berries. Scoop batter into muffin pan cups (makes 16 muffins).
5. Bake in preheated oven for 20 minutes, or until done.

### Nutritional Information:

<b>Servings:</b> 3	<b>Sodium:</b> 205mg
<b>Serving Size:</b> 1 muffin	<b>Carbohydrates:</b> 22g
<b>Calories:</b> 136	<b>Fiber:</b> 3.8g
<b>Fat:</b> 4.1g	<b>Protein:</b> 1.9g

## HELPFUL RESOURCES

### Women, Infants and Children's Program

To apply for **WIC** or to make an appointment, call 1-855-472-3432.

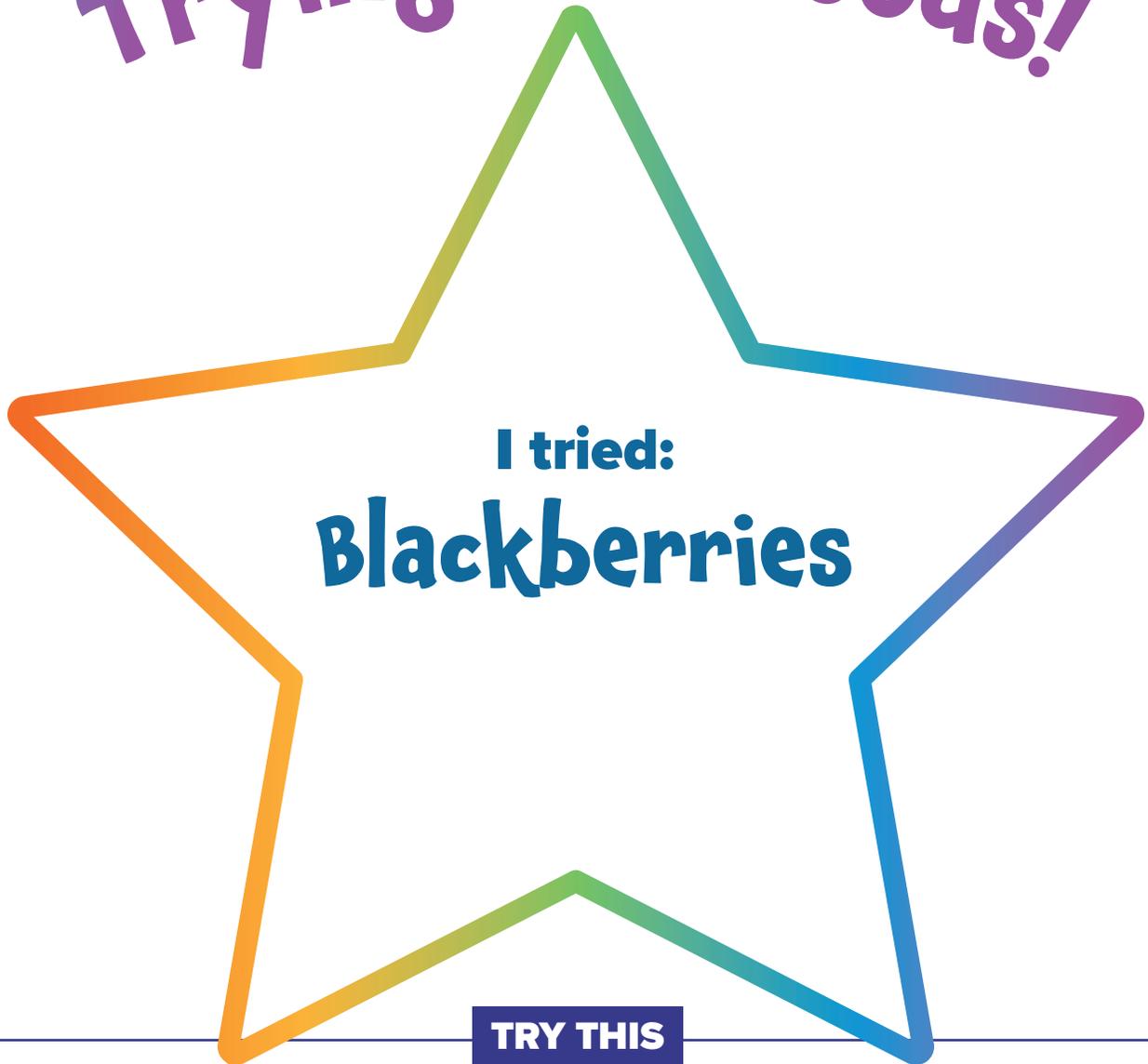
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# Trying New Foods!



## TRY THIS

**Use new words as you explore new foods together. Ask – How does this food:**

**Look?** Green, orange, purple, round, skinny, oval, tiny, huge

**Feel?** Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy

**Sound?** Crunch, crackle, splash, pop, snap

**Taste?** Sweet, salty, bitter, spicy, bland, sour

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TINY TASTE – SEE HOW WE GROW



EDUCATIONAL CURRICULUM



# BLACKBERRIES



# Mango



## Objectives

### Students will:

- Participate in a food sensory experience and sample a mango
- Describe how the food feels, tastes, looks and grows
- Participate in a song and dance associated with the food sampled
- Identify food name and description through reading, writing and counting



## Materials & Handouts

- Whole mango
- Picture of a mango tree
- Picture of a mango cut in half
- Reading/writing activity materials
- Art, craft and other activity materials
- Nutrition Super Star (Mango)
- Parent newsletter

## Song

(To the tune of B-I-N-G-O)

M....A....N....G....O...

M....A....N....G....O...

M....A....N....G....O...

And that's how we spell mango!!!

## Discussion

- Hello, class. I have something in my bag. Can you guess what it is? Look at the bag! Do you think it's something small or big? I am going to give you some clues: It's a fruit and its color is red and green
- *When the class guesses the fruit (or even if they don't) pull the mango out of the bag.*
- Raise your hand if you have eaten a mango before? Was it fresh? Who likes mangoes? How do mangoes taste? *A little sweet.*
- Now let's talk about how a mango looks. What color do you see? *Green and red.* What about the shape? *Oval.*
- What color do you think a mango is on the inside? *Yellowish orange.* (Show mango half) How do you think it feels on the inside? *Soft and juicy.*
- How do you think a mango feels? *Firm and smooth.* I'm going to let everyone hold the mango. (Pass around so everyone can feel the whole mango)
- How does a mango grow? *It grows on a tree.* (Show picture of the mango tree.)
- Do mangoes grow in South Carolina? *No, they grow in Florida, California and Hawaii.*
- Time to sing a song about mangoes!

# Tiny Taste – See How We Grow

# MONTHLY NEWSLETTER

Dear Parent or Guardian,

This month your child learned about

## Mangoes!

### Fun Facts

- Mangoes were first grown in India over 5,000 years ago.
- Mango fruit can take up to 3–6 months to mature.

### Nutrition Profile

- Mangoes are rich in **vitamin A (beta-carotene)**, which prevents eye problems, promotes a healthy immune system, is essential for the growth and development of cells, and keeps skin healthy.

### Selecting & Storing

- When choosing a mango, don't focus on color, always judge by feel. A ripe mango has a more firm feel rather than mushy.
- Keep unripe mangoes at room temperature for a few days until they turn soft. Once ripen, you should place in the refrigerator. Whole mangoes can last up to 5 days, peeled and cut mangoes can last only a few days. However, if you freeze cut mangoes in an airtight container, then they can last up to 6 months.

### RECIPE SPOTLIGHT

## Mango Salsa

### Ingredients:

- 2 large ripe mangoes
- 1 small cucumber
- 2 medium green onions
- 1 medium jalapeno pepper, seeded and minced (*optional*)
- 2 limes
- ½ teaspoon salt
- pinch of cayenne pepper

### Directions:

1. Rinse mangoes, cucumber, green onions, jalapeno and limes.
2. Peel mangoes and cut mango flesh from pits.
3. Cut cucumber in half lengthwise, remove seeds, dice.
4. Finely chop green onions.
5. Cut jalapeno pepper lengthwise and remove stems and seeds, dice.
6. Cut limes in half. Squeeze juice from each half into bowl.
7. Add all ingredients to bowl and mix well.
8. Cover and refrigerate for 1 hour.

### Nutritional Information:

**Servings:** 3

**Serving Size:** ½ cup

**Calories:** 60

**Total Fat:** 0g

## HELPFUL RESOURCES

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# Trying New Foods!



## TRY THIS

**Use new words as you explore new foods together. Ask – How does this food:**

**Look?** Green, orange, purple, round, skinny, oval, tiny, huge

**Feel?** Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy

**Sound?** Crunch, crackle, splash, pop, snap

**Taste?** Sweet, salty, bitter, spicy, bland, sour

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**TINY TASTE – SEE HOW WE GROW**

**EDUCATIONAL CURRICULUM**



**TINY TASTE – SEE HOW WE GROW**



**EDUCATIONAL CURRICULUM**

# MANGO

TINY TASTE – SEE HOW WE GROW



EDUCATIONAL CURRICULUM

# Star Fruit



## Objectives

### Students will:

- Participate in a food sensory experience and sample star fruit
- Describe how the food feels, tastes, looks and grows
- Participate in a song and dance associated with the food sampled
- Identify food name and description through reading, writing and counting



## Materials & Handouts

- Whole star fruit
- Picture of a star fruit tree
- Picture of a star fruit cut in half
- Reading/writing activity materials
- Art, craft and other activity materials
- Nutrition Super Star (Star fruit)
- Parent newsletter

## Song



*(To the tune of Sponge Bob Square Pants)*

What's the fruit that's shape like a star?  
Star fruit! Star fruit!

What's the fruit that's yellow and sweet?  
Star fruit! Star fruit!

What's the fruit that's healthy to eat?  
Star fruit! Star fruit!

## Discussion

- Hello, class. I have something in my bag. Can you guess what it is? Look at the bag! Do you think it's something small or big? I am going to give you some clues: It's a fruit and its color is yellow.
- *When the class guesses the fruit (or even if they don't) pull the star fruit out of the bag.*
- Raise your hand if you have eaten star fruit before? Was it fresh? Who likes star fruit? How does a star fruit taste? *A little sweet and sour.*
- Now let's talk about how a star fruit looks. What color do you see? *Yellow and green.* What about the shape? *Star.*
- What color do you think a star fruit is on the inside? *Yellow. (Show star fruit half)* How do you think it feels on the inside? *Soft and juicy.*
- How do you think a star fruit feels? *Soft and squishy.* I'm going to let everyone hold the star fruit. *(Pass around so everyone can feel the whole star fruit)*
- How does a star fruit grow? *It grows on a tree. (Show picture of the star fruit tree)*
- Does star fruit grow in South Carolina? *No. It grows in Florida and Hawaii.*
- Time to sing a song about the star fruit!

# Tiny Taste – See How We Grow

# MONTHLY NEWSLETTER

Dear Parent or Guardian,

This month your child learned about

## Star Fruit!

### Fun Facts

- Another name for star fruit is Carambola. The entire star fruit is edible including the waxy coating.
- Star fruit tree is native to Sri Lanka, Moluccas Islands, and other tropical or subtropical areas. Grown in the United States in Florida and Hawaii.

### Nutrition Profile

- Star fruit is high in **potassium**. It helps to keep bones strong and healthy while also helping to lower blood pressure and it is also rich in **vitamin C**, which can help lower blood pressure and protect against inflammation and clogged arteries.
- Star fruit contains **antioxidants** that help protect your cells and keep your body healthy.

### Selecting & Storing

- Choose firm, shiny star fruit that is yellow without a lot of brown on the skin. Ripen star fruit at room temperature until you can smell their aroma, then refrigerate for up to a week.

### RECIPE SPOTLIGHT

## Star Fruit Pizza Snack

### Ingredients:

- 2 graham crackers
- 2 Tablespoon low fat plain Greek yogurt
- 1 star fruit
- 1 teaspoon honey

### Directions:

1. Break a whole cracker to make 2 squares.
2. Spread each square with ½ Tablespoon of Greek yogurt.
3. Top each square with one slice of star fruit.
4. Drizzle crackers with honey.

### Nutritional Information:

**Servings:** 1  
**Serving Size:** 8 crackers  
**Calories:** 181  
**Total Fat:** 3g  
**Sodium:** 160mg  
**Carbohydrates:** 34g  
**Protein:** 5g

## HELPFUL RESOURCES

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# Trying New Foods!



## TRY THIS

**Use new words as you explore new foods together. Ask – How does this food:**

**Look?** Green, orange, purple, round, skinny, oval, tiny, huge

**Feel?** Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy

**Sound?** Crunch, crackle, splash, pop, snap

**Taste?** Sweet, salty, bitter, spicy, bland, sour

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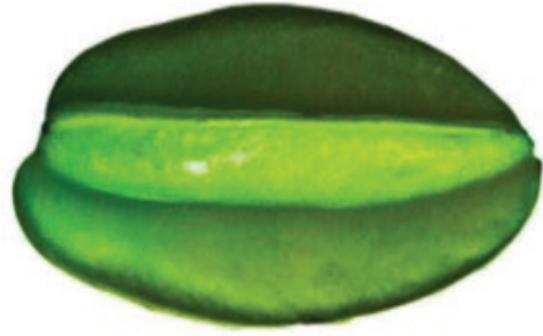
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# STAR FRUIT



**Week 9**



**Week 10**



**Week 11**



**Week 11**



**Week 12**

# Blood Orange



## Objectives

### Students will:

- Participate in a food sensory experience and sample blood oranges
- Describe how the food feels, tastes, looks and grows
- Participate in a song and dance associated with the food sampled
- Identify food name and description through reading, writing and counting



## Materials & Handouts

- Whole blood orange
- Picture of a blood orange tree
- Picture of a blood orange cut in half
- Reading/writing activity materials
- Art, craft and other activity materials
- Nutrition Super Star (Blood Oranges)
- Parent newsletter

## Song

(To the tune of *Farmer in the Dell*)

Blood Oranges on the tree

Blood Oranges on the tree

Everybody look and see *(use hands and point)*

The oranges on the tree!

## Discussion

- Hello, class. I have something in my bag. Can you guess what it is? Look at the bag! Do you think it's something small or big? I am going to give you some clues: It's a fruit and its color is orange.
- *When the class guesses the fruit (or even if they don't) pull the blood orange out of the bag.*
- Raise your hand if you have eaten a blood orange before? Was it fresh? Who likes blood oranges? How do blood oranges taste? *A little sweet and sour.*
- Now let's talk about how a blood orange looks. What color do you see? *Orange.* What about the shape? *Round.*
- What color do you think a blood orange is on the inside? *Red. (Show blood orange half)* How do you think it feels on the inside? *Soft and juicy.*
- How do you think a blood orange feels on the outside? *Soft and firm.* I'm going to let everyone hold the blood orange. *(Pass around so everyone can feel the whole blood orange)*
- How does a blood orange grow? It grows on a tree. *(Show picture of the blood orange tree)*
- Do blood oranges grow in South Carolina? *No, they grow in California and Arizona.*
- Time to sing a song about the blood orange!

Tiny Taste – See How We Grow

# MONTHLY NEWSLETTER

Dear Parent or Guardian,

This month your child learned about

## Blood Oranges!

### Fun Facts

- Orange peel contains oils that are used for making soda and cosmetics.
- Blood oranges are the primary orange grown in Italy.
- The anthocyanins give the blood orange its distinct color, which are powerful antioxidants. Antioxidants help in preventing cancers, aging symptoms, and other health conditions.

### Nutrition Profile

- Blood oranges are high in **vitamin C** which helps to make collagen, a connective tissue that knits together wounds and supports blood vessel walls.
- Blood oranges contain **potassium** which help maintain steady heartbeat, and can help lower blood pressure.
- **Dietary fiber** keeps food moving smoothly and regularly through your body which helps prevent heart disease by lowering blood cholesterol levels.

### Selecting & Storing

- Choose blood oranges that are heavy for size without soft spots.
- Store blood oranges at room temperature for up to 1 week or refrigerate for up to 3 weeks.

### RECIPE SPOTLIGHT

## Blood Orange Chicken

### Ingredients:

- 2 skinless, boneless chicken breast halves, diced
- 2 blood oranges, juiced
- ½ cup low sodium soy sauce
- ¼ cup honey
- 1 Tablespoon garlic, minced
- 1 Tablespoon ginger, minced
- Black pepper to taste

### Directions:

1. Combine chicken, orange juice, soy sauce, honey, garlic, ginger, and black pepper in a large nonstick skillet over medium-high heat.
2. Cook and stir until the sauce reduces to a sticky glaze and the chicken is cooked thoroughly, use a meat thermometer to make sure the chicken reaches a temperature of 165° F, about 20–25 minutes.

### Nutritional Information:

**Servings:** 4  
**Serving Size:** 3oz  
**Calories:** 220  
**Total Fat:** 2.6g  
**Sodium:** 280mg  
**Carbohydrates:** 24g  
**Fiber:** 0.6g  
**Protein:** 25.7g

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# Trying New Foods!

I tried:  
**Blood  
Orange**

## TRY THIS

Use new words as you explore new foods together. Ask – How does this food:

**Look?** Green, orange, purple, round, skinny, oval, tiny, huge

**Feel?** Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy

**Sound?** Crunch, crackle, splash, pop, snap

**Taste?** Sweet, salty, bitter, spicy, bland, sour

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TINY TASTE – SEE HOW WE GROW



EDUCATIONAL CURRICULUM

# BLOOD ORANGE



# Beets



## Objectives

### Students will:

- Participate in a food sensory experience and sample beets
- Describe how the food feels, tastes, looks and grows
- Participate in a song and dance associated with the food sampled
- Identify food name and description through reading, writing and counting



## Materials & Handouts

- Whole beet
- Picture of a beet plant
- Picture of a beet cut in half
- Reading/writing activity materials
- Art, craft and other activity materials
- Nutrition Super Star (Beets)
- Parent newsletter

## Song

*(Stomp Feet)*

Give me a Beet! *(Stomp each foot)*

Give me a Beet! *(Stomp each foot)*

Give me a Beet! Give me a Beet! Give me a Beet!

*(Stomp each foot)*

*(Repeat)*

## Discussion

- Hello, class. I have something in my bag. Can you guess what it is? Look at the bag! Do you think it's something small or big? I am going to give you some clues: It's a vegetable and its color is dark red.
- *When the class guesses the vegetable (or even if they don't) pull the beet out of the bag.*
- Raise your hand if you have eaten beets before? Was it fresh? Who likes beets? How do beets taste? *Sweet and taste similar to another vegetable called a carrot.*
- Now let's talk about how a beet looks. What color do you see? *Red.* What about the shape? *Globe or Torpedo.*
- What color do you think a beet is on the inside? *Red. (Show beet half)* How do you think it feels on the inside? *Smooth.*
- How do you think a beet feels? *Rough and firm.* I'm going to let everyone hold the beet. *(Pass around so everyone can feel the whole beet)*
- How do beets grow? *Beets grow underground. (Show picture of the beet underground)*
- Do beets grow in South Carolina? *Yes, they also grow in Michigan, Colorado and other states.*
- Time to sing a song about beets!

# Tiny Taste – See How We Grow

# MONTHLY NEWSLETTER

Dear Parent or Guardian,

This month your child learned about

## Beets!

### Fun Facts

- The entire plant is edible, from the tips of its leaves, down to its long pointed root.
- To cure “pink fingers” when cooking beets, rub hands with lemon juice and salt before washing with soap and water (use lukewarm or cold water to avoid staining).

### Nutrition Profile

- They are high in **fiber** which helps keep you full and your bowel movements regular. Great source for **folate** is important for brain function and development. It is also important in mental and emotional health.
- Beets get their red color from **betalains** which helps to flush toxins out of the body and decrease inflammation in the body.

### Selecting & Storing

- Choose beets that are firm. If you want to cook the attached leaves, make sure they are bright green.
- Before refrigerating, separate the beets from the leaves. To keep the beets dry, store them and the leaves, unwashed, in separate plastic bags in the vegetable drawer. The beets will stay fresh for 2 to 3 weeks. The leaves will last for 2 to 3 days.

### RECIPE SPOTLIGHT

## ABC Salad: Apples, Beets, and Carrots

### Ingredients:

- 2 apples
- 2 beets
- 2 carrots
- ½ cup olive oil
- ¼ cup apple cider vinegar
- 1 teaspoon sugar

### Directions:

1. Rinse apples, beets, and carrots. Core the apples and peel the beets.
2. Grate the apples, beets, and carrots on a box grater. Put grated apples and beets in a large bowl.
3. Put remaining ingredients in a jar and shake well. This is more dressing than you will need. Pour in just enough dressing to coat the salad, but not enough to drench it. Mix well. Save the rest of the dressing in your fridge for other salads.

### Nutritional Information:

**Servings:** 8  
**Serving Size:** ⅓ cup  
**Calories:** 157  
**Total Fat:** 13g  
**Sodium:** 27mg  
**Carbohydrates:** 8g  
**Protein:** 1g

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# Trying New Foods!

I tried:  
**Beets**

## TRY THIS

**Use new words as you explore new foods together. Ask – How does this food:**

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**Sound?** Crunch, crackle, splash, pop, snap

**Taste?** Sweet, salty, bitter, spicy, bland, sour

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TINY TASTE – SEE HOW WE GROW



EDUCATIONAL CURRICULUM



# B E E T S



# Blueberries



## Objectives

### Students will:

- Participate in a food sensory experience and sample blueberries
- Describe how the food feels, tastes, looks and grows
- Participate in a song and dance associated with the food sampled
- Identify food name and description through reading, writing and counting



## Materials & Handouts

- Whole blueberries
- Picture of a blueberry bush
- Picture of a blueberry cut in half
- Reading/writing activity materials
- Art, craft and other activity materials
- Nutrition Super Star (Blueberries)
- Parent newsletter

## Song



(To the tune of London Bridges Falling Down)

Blueberries, Blueberries  
Good for you.

Blueberries, Blueberries  
Good for me

They are tiny and round  
And they make a squishy sound

Taste so good  
On the way down!

## Discussion

- Hello, class. I have something in my bag. Can you guess what it is? Look at the bag! Do you think it's something small or big? I am going to give you some clues: It's a fruit and its color is blue.
- *When the class guesses the fruit (or even if they don't) pull the blueberries out of the bag.*
- Raise your hand if you have eaten blueberries before? Was it fresh? Who likes blueberries? How do blueberries taste? *A little sweet and sour.*
- Now let's talk about how blueberries looks. What color do you see? *Blue.* What about the shape? *Round.*
- What color do you think blueberries are on the inside? *White. (Show blueberry half)* How do you think it feels on the inside? *Soft and juicy.*
- How do you think blueberries feel? *Soft and squishy.* I'm going to let everyone hold the blueberries. *(Pass around so everyone can feel the whole blueberry)*
- How do blueberries grow? *It grows on a bush. (Show picture of the blueberry bush.)*
- Do blueberries grow in South Carolina? *Yes, and in Michigan, Oregon, Washington, Georgia, North Carolina, Florida and California too!*
- Time to sing a song about blueberries!

Tiny Taste – See How We Grow

# MONTHLY NEWSLETTER

Dear Parent or Guardian,

This month your child learned about

## Blueberries!

### Fun Facts

- Maine produces more blueberries than anywhere else in the world. In 2012, they harvested 91.1 million pounds of wild blueberries.
- The month of July is National Blueberry Month in America.

### Nutrition Profile

- Blueberries are a high in **antioxidants** and it is thought that they may help prevent against cancer, heart disease and Alzheimer's.
- Antioxidants are vitamins and other nutrients that help protect your cells from the damage.
- Naturally low in fat and high in fiber. **Fiber** helps keep blood sugar levels steady and keeps your body regular.

### Selecting & Storing

- The natural shimmery silver coating you see on blueberries is desirable as it is a natural protectant. Avoid containers that are damp or stained. Remove and discard any moldy or mushy berries.
- Keep blueberries refrigerated and unwashed, in a rigid container covered with clear wrap. They should last up to two weeks if they are freshly-picked. Water on fresh blueberries will cause them to mold quickly. Gently rinse the blueberries when you are ready to eat them.

### RECIPE SPOTLIGHT

## Whole Wheat Blueberry Pancakes

### Ingredients:

- 1 ¼ cups of whole wheat flour
- 2 teaspoons baking powder
- 1 egg
- 1 cup of milk, plus more if necessary
- ½ teaspoon salt
- 1 Tablespoon sugar
- ½ cup of blueberries

### Directions:

1. Sift together flour and baking powder and set aside.
2. Beat together the egg, milk, salt and sugar in a bowl. Stir in flour until just moistened, add blueberries and stir.
3. Preheat skillet over medium heat, and spray with cooking spray. Pour 1/4 cup of batter into the pan for each pancake. Cook until bubbly, turn and continue cooking until golden brown.

### Nutritional Information:

**Servings:** 6

**Serving Size:** 2 pancakes

**Calories:** 286

**Fat:** 2g

**Sodium:** 151mg

**Carbohydrates:** 60g

**Fiber:** 8g

**Protein:** 14g

## HELPFUL RESOURCES

### Women, Infants and Children's Program

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### Supplemental Nutrition Assistance Program

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[www.scdhec.gov/farmersmarkets](http://www.scdhec.gov/farmersmarkets)

# Trying New Foods!



I tried:  
**Blueberries**

## TRY THIS

**Use new words as you explore new foods together. Ask – How does this food:**

**Look?** Green, orange, purple, round, skinny, oval, tiny, huge

**Feel?** Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy

**Sound?** Crunch, crackle, splash, pop, snap

**Taste?** Sweet, salty, bitter, spicy, bland, sour

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**TINY TASTE - SEE HOW WE GROW**



**EDUCATIONAL CURRICULUM**

TINY TASTE – SEE HOW WE GROW

EDUCATIONAL CURRICULUM

# BLUEBERRIES

TINY TASTE – SEE HOW WE GROW



EDUCATIONAL CURRICULUM

# Kiwi



## Objectives

### Students will:

- Participate in a food sensory experience and sample kiwi
- Describe how the food feels, taste, looks and grows
- Participate in a song and dance associated with the food sampled
- Identify food name and description through reading, writing and counting



## Materials & Handouts

- Whole kiwi
- Picture of a kiwi tree
- Picture of a kiwi cut in half
- Reading/writing activity materials
- Art, craft and other activity materials
- Nutrition Super Star (Kiwi)
- Parent newsletter



## Song

*(To the tune of I'm a Little Teapot Short and Stout)*

I'm a little kiwi green and brown  
I taste so good, on the way down  
*(Repeat)*

## Discussion

- Hello, class. I have something in my bag. Can you guess what it is? Look at the bag! Do you think it's something small or big? I am going to give you some clues: It's a fruit and its brown and fuzzy.
- *When the class guesses the fruit (or even if they don't) pull the kiwi out of the bag.*
- Raise your hand if you have eaten kiwi before? Was it fresh? Who likes kiwi? How does the kiwi taste? *A little sweet and sour.*
- Now let's talk about how a kiwi looks. What color do you see? *Brown.* What about the shape? *Oval.*
- What color do you think a kiwi is on the inside? *Green.* *(Show kiwi half)* How do you think it feels on the inside? *Soft and juicy.*
- How do you think a kiwi feels? *Soft and fuzzy.* I'm going to let everyone hold the kiwi. *(Pass around so everyone can feel the whole kiwi)*
- How does a kiwi grow? *It grows on a tree.* *(Show picture of the kiwi tree)*
- Do we grow kiwi in South Carolina? *No, they grow in California.*
- Time to sing a song about kiwi!

# Tiny Taste – See How We Grow

# MONTHLY NEWSLETTER

Dear Parent or Guardian,

This month your child  
learned about

## Kiwi!

### Fun Facts

- The fuzzy skin outside of the kiwi is edible and has a lot of nutrients.
- Kiwi was first found growing in China, where it was known by the name “Yang Tao”.

### Nutrition Profile

- Kiwi is rich in **vitamin A**, which prevents eye problems, promotes a healthy immune system, is important for the growth and development of cells, and keeps skin healthy.
- Contains **folate**, which helps the body make red blood cells.

### Selecting & Storing

- When buying green or gold kiwis, choose plump, fragrant fruit that yields to gentle pressure. Unripe fruit has a hard core and a tart, taste. If only firm kiwis are available, ripen them for a few days before eating them.
- Store at room temperature for 2–3 days or until ripe, then refrigerate for 5–7 days in plastic bag.

### RECIPE SPOTLIGHT

## Buttermilk Pancakes with Kiwi and Pecans

### Ingredients:

- 1 ½ cups all-purpose flour
- 2 Tablespoon sugar
- ¾ teaspoon baking powder
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- 2 eggs
- 1 ½ cups buttermilk
- 2 Tablespoons vegetable oil
- 2 California kiwi fruit, peeled and chopped finely
- ½ cup chopped pecans

### Directions:

1. In large bowl, stir together flour, sugar, baking soda and salt. In a small bowl, beat eggs lightly; stir in buttermilk and oil. Quickly stir buttermilk mixture into dry ingredients, just until flour is moistened. (Batter will be lumpy)
2. Stir in kiwi fruit and pecans. For each pancake, pour about ¼ cup batter onto a lightly oiled, heated griddle or large nonstick skillet. Cook over medium to medium-high heat until underside of pancake is lightly browned and surface is covered with small unbroken bubbles, about 2 minutes. Turn, cook second side about 1 minute. Serve hot. Top each stack of pancakes with slices of kiwi fruit, garnish with pecans halves and serve with syrup if desired.

### Nutritional Information:

**Servings:** 6  
**Serving Size:** 2 pancakes  
**Calories:** 168  
**Fat:** 4g  
**Sodium:** 252 mg  
**Carbohydrates:** 28g  
**Protein:** 6g

## HELPFUL RESOURCES

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# Trying New Foods!



## TRY THIS

**Use new words as you explore new foods together. Ask – How does this food:**

**Look?** Green, orange, purple, round, skinny, oval, tiny, huge

**Feel?** Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy

**Sound?** Crunch, crackle, splash, pop, snap

**Taste?** Sweet, salty, bitter, spicy, bland, sour

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TINY TASTE – SEE HOW WE GROW

EDUCATIONAL CURRICULUM





KIMI



# Sugar Snap Peas



## Objectives

### Students will:

- Participate in a food sensory experience and sample sugar snap peas
- Describe how the food feels, taste, looks and grows
- Participate in a song and dance associated with the food sampled
- Identify food name and description through reading, writing and counting



## Materials & Handouts

- Whole sugar snap peas
- Picture of a sugar snap pea on the vine.
- Picture of a sugar snap pea cut in half
- Reading/writing activity materials
- Art, craft and other activity materials
- Nutrition Super Star (Sugar Snap Peas)
- Parent newsletter

## Song

(To the tune of This Old Man)

Sugar Snap Peas (*snap fingers 2x*)

Sugar Snap Peas (*snap fingers 2x*)

Hey, Hey, Hey, Hey

Sugar Snap Peas

*Repeat*

## Discussion

- Hello, class. I have something in my bag. Can you guess what it is? Look at the bag! Do you think it's something small or big? I am going to give you some clues: It's a vegetable and its green and short. With little green circles inside.
- *When the class guesses the vegetable (or even if they don't) pull the sugar snap peas out of the bag.*
- Raise your hand if you have eaten sugar snap peas before? Was it fresh or from a can? Who likes sugar snap peas? How do sugar snap peas taste? *Bitter and crunchy.*
- Now let's talk about how sugar snap peas look. What colors do you see? *Green.* What about the shape? *Crescent moon.*
- What color do you think a sugar snap pea is on the inside? *Green. (Show sugar snap peas half)*
- How do you think it feels on the inside? *Hard.*
- How do you think the sugar snap peas feels? *Smooth and firm.* I'm going to let everyone hold the sugar snap peas. *(Pass around so everyone can feel the whole sugar snap peas)*
- How does a sugar snap pea grow? *It grows on a vine in a pod. (Show picture of a sugar snap pea plant)*
- Do sugar snap peas grow in South Carolina? *Yes.*
- Time to sing a song about sugar snap peas!

Tiny Taste – See How We Grow

# MONTHLY NEWSLETTER

Dear Parent or Guardian,

This month your child learned about

## Sugar Snap Peas!

### Fun Facts

- Other names for sugar snap peas are: Sugar Rae, Sugar Bon, Sugar Ann, and Sugar Star.
- Sugar snap peas are part of the legume or bean family.
- Sugar snap peas are a cross between English shelling peas and Chinese snow peas.

### Nutrition Profile

- Great source for **vitamin A** will keep your eyes and skin healthy.
- High in minerals like **potassium** helps to keep bones strong and healthy while also helping to lower blood pressure. Has **magnesium** that works with calcium in muscle contraction, blood clotting, regulation of blood pressure, and helps to build bones and teeth.
- 1 cup of sugar snap peas has at least 4.5g of dietary fiber and 5g of protein.

### Selecting & Storing

- Choose sugar snap peas that are firm and green. They should snap not bend. A little scarring on the pod is not a problem.
- Refrigerate in tightly sealed plastic bag or container. Will last for four to five days.

### RECIPE SPOTLIGHT

## Chicken with Sugar Snap Peas

### Ingredients:

- 1 pack skinless, boneless chicken breast
- 4 cloves garlic minced
- 2 Tablespoon low sodium soy sauce
- 2 teaspoon canola oil
- 1 cup sugar snap peas, clean and washed

### Directions:

1. Slice chicken into ¼ inch slices. In a bowl, mix together garlic, soy sauce and 1 teaspoon of the canola oil. Next, add the chicken slices. Marinate in the refrigerator for 20 minutes.
2. Heat a medium sized pan over medium high heat with 1 teaspoon canola oil and add chicken with marinade. Cook for 5 minutes. Add sugar snap peas and continue cooking for 3 minutes. Serve.

### Nutritional Information:

**Servings:** 4  
**Serving Size:** ¾ cup  
**Calories:** 96  
**Fat:** 8g  
**Saturated Fat:** 1.5g  
**Cholesterol:** 30mg  
**Carbohydrates:** 12g  
**Fiber:** 3g  
**Protein:** 12g  
**Sodium:** 298g

## HELPFUL RESOURCES

### Women, Infants and Children's Program

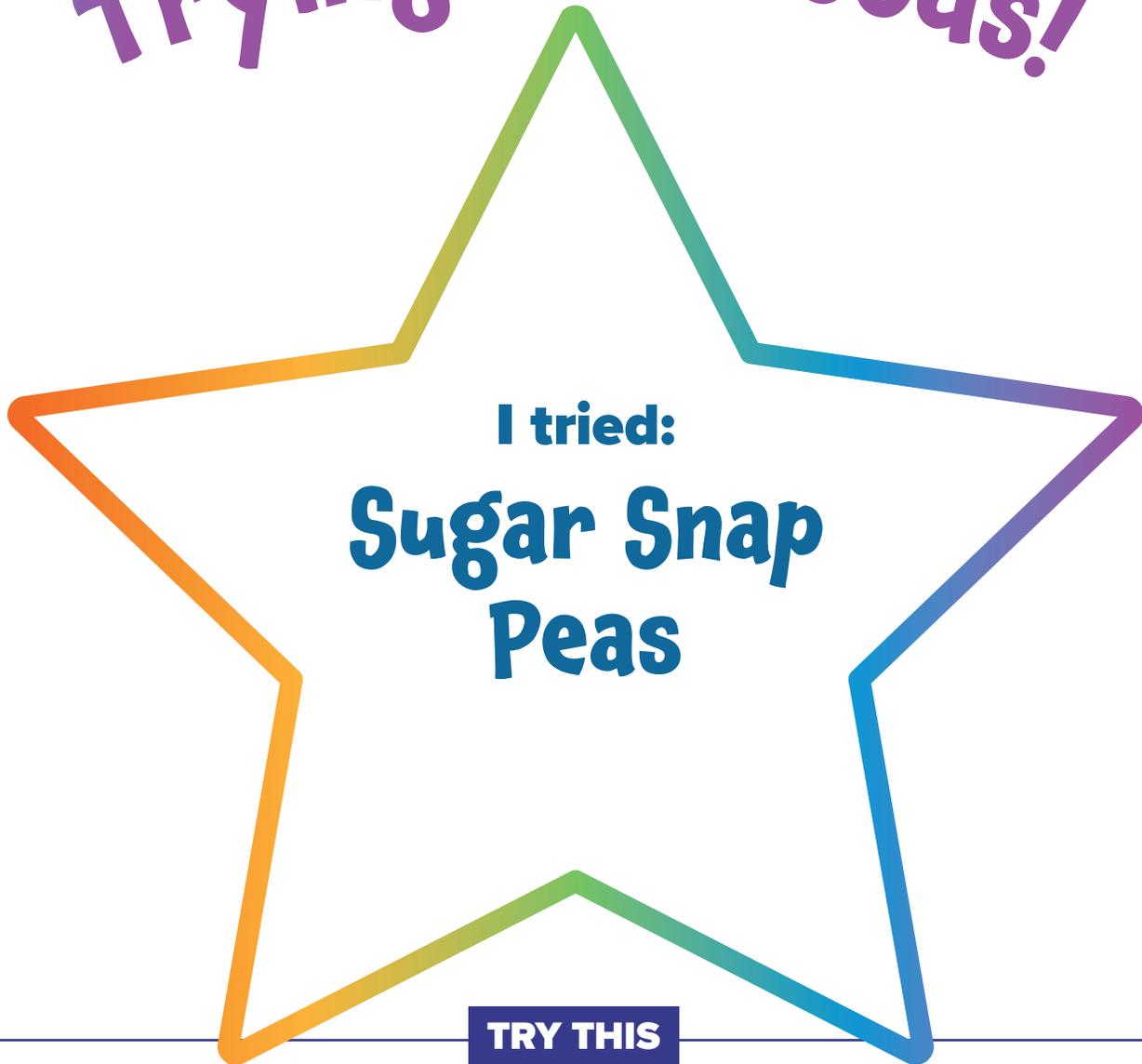
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# Trying New Foods!



I tried:  
**Sugar Snap  
Peas**

## TRY THIS

**Use new words as you explore new foods together. Ask – How does this food:**

**Look?** Green, orange, purple, round, skinny, oval, tiny, huge

**Feel?** Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy

**Sound?** Crunch, crackle, splash, pop, snap

**Taste?** Sweet, salty, bitter, spicy, bland, sour

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# SUGAR SNAP PEAS



# Honeydew Melon



## Objectives

### Students will:

- Participate in a food sensory experience and sample honeydew melon
- Describe how the food feels, taste, looks and grows
- Participate in a song and dance associated with the food sampled
- Identify food name and description through reading, writing and counting



## Materials & Handouts

- Whole honeydew melon
- Picture of honeydew melon on the vine
- Picture of a honeydew melon cut in half
- Reading/writing activity materials
- Art, craft and other activity materials
- Nutrition Super Star (Honeydew Melon)
- Parent newsletter

## Song



*(To the tune of Pop Goes the Weasel)*

Honeydew melon grows on a vine, *(Squat down)*  
 Honeydew melon has great shine,  
*(from squat position, rise up)*  
 Open up and scoop out the seeds, *(squat down)*  
 Honeydew melon taste good to me.  
*(from squat position, rise up)*

## Discussion

- Hello, class. I have something in my bag. Can you guess what it is? Look at the bag! Do you think it's something small or big? I am going to give you some clues: It's a fruit and its color is light green.
- *When the class guesses the fruit (or even if they don't) pull the honeydew melon out of the bag.*
- Raise your hand if you have eaten honeydew melon before? Was it fresh? Who likes honeydew melon? How does the honeydew melon taste? *A little sweet.*
- Now let's talk about how a honeydew melon looks. What color do you see? *Light green.* What about the shape? *Round.*
- What color do you think a honeydew melon is on the inside? *Green with brown seeds.* *(Show honeydew melon half)* How do you think it feels on the inside? *Soft and juicy.*
- How do you think a honeydew melon feels? *Soft and squishy.* I'm going to let everyone hold the honeydew melon. *(Pass around so everyone can feel the whole honeydew melon)*
- How does a honeydew melon grow? *It grows on a vine.* *(Show picture of a honeydew melon on the vine)*
- Do honeydew melons grow in South Carolina? *Yes, they also grow in Arizona and California.*
- Time to sing a song about honeydew melon!

# Tiny Taste – See How We Grow

# MONTHLY NEWSLETTER

Dear Parent or Guardian,

## This month your child learned about

# Honeydew Melon!

### Fun Facts

- Honeydew melons are native to southern France and Algeria.
- Honeydew melons are known as honey melons, honeydews, and winter melons.

### Nutrition Profile

- Honeydew melons are high in **vitamin C** which can help protect against inflammation .
- Honeydew melons contain **niacin**, which helps the nervous system and digestive tract function and promote healthy skin.
- **Thiamin** is important for a healthy nervous system and converting blood sugar or glucose into energy. **Copper** helps to keep hair, skin, heart and arteries in good condition.

### Selecting & Storing

- Choose a honeydew melon with a dull looking appearance. A shiny outside is an indicator of an under ripe melon. Honeydews should be pale yellow to light lemon in color, not overly green.
- Store at room temperature until ripe for 2–4 days, then refrigerate for 5–7 days. To freeze, cut the melon in half and remove seeds and rind. Next, slice or cube the melon. Place into a covered airtight containers or heavy-duty freezer bags. Can be stored in freezer for 10–12 months.

### RECIPE SPOTLIGHT

## Melon Pops

### Ingredients:

- 1½ cups cantaloupe chunks
- 1 Tablespoon orange juice
- 1½ cups honeydew chunks
- 1 Tablespoon thawed limeade concentrate

### Directions:

1. Puree 1½ cups cantaloupe chunks and 1 Tablespoon orange juice in a blender. Divide the mixture between pop molds or 3 ounce paper cups.
2. Freeze until the top becomes firm, 30 minutes. Rinse the blender, then puree 1½ cups honeydew chunks, and 1 Tablespoon thawed limeade concentrate.
3. Remove the molds from freezer and top with the honeydew mixture. Cover and freeze.

### Nutritional Information:

**Servings:** 6  
**Serving Size:** 1 Melon Pop  
**Calories:** 38  
**Fat:** 0g  
**Sodium:** 14mg  
**Carbohydrate:** 10g  
**Fiber:** 1g

## HELPFUL RESOURCES

### Women, Infants and Children's Program

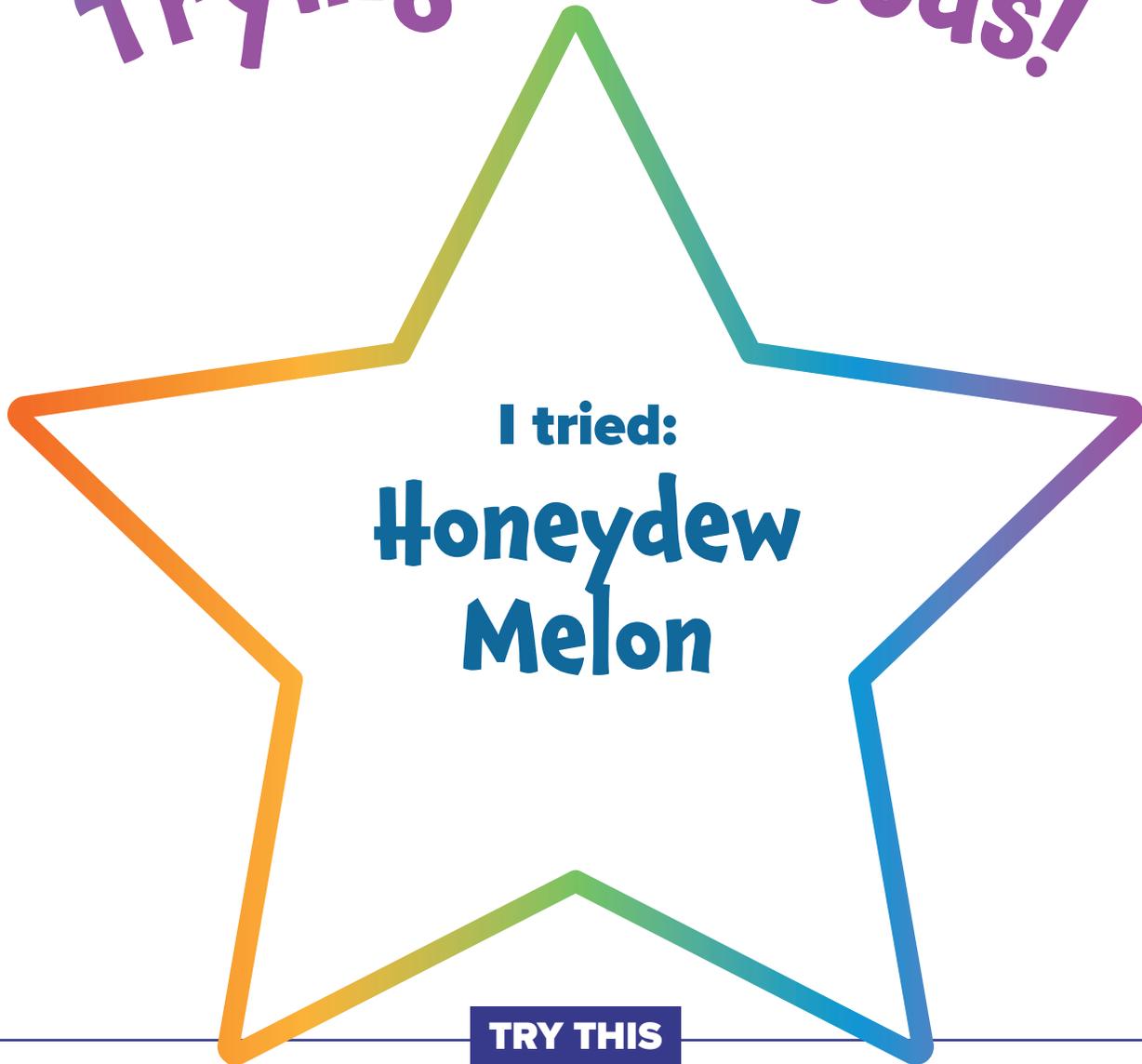
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# Trying New Foods!



## TRY THIS

Use new words as you explore new foods together. Ask – How does this food:

**Look?** Green, orange, purple, round, skinny, oval, tiny, huge

**Feel?** Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy

**Sound?** Crunch, crackle, splash, pop, snap

**Taste?** Sweet, salty, bitter, spicy, bland, sour

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**TINY TASTE – SEE HOW WE GROW**



**EDUCATIONAL CURRICULUM**

TINY TASTE – SEE HOW WE GROW

EDUCATIONAL CURRICULUM



# #OPENO! MELOM MELON

# Cranberry



## Objectives

### Students will:

- Participate in a food sensory experience and sample cranberries
- Be able to describe how the food feels, tastes, looks and grows
- Participate in a song and dance associated with the food sampled
- Identify food name and description through reading, writing and counting



## Materials & Handouts

- Whole cranberries
- Picture of cranberry bog
- Picture of cranberry in half
- Reading/writing activity materials
- Art, craft and other activity materials
- Nutrition Super Star (Cranberry)
- Parent newsletter



## Song

(To the tune of I'm a Little Tea Pot song)

I'm a little Cranberry red and round  
 This is my stem and here is my crown  
 When I'm all dried out taste and chew  
 Just...pop me in your mouth...I'm good for you

## Discussion

- Hello class. I have something in my bag. Can you guess what it is? Look at the bag! Do you think it's something small or big? I am going to give you some clues: It's a fruit and its color is red.
- *When the class guesses the fruit (or even if they don't) pull the cranberries out of the bag.*
- Raise your hand if you have eaten cranberries before? Was it fresh? Who likes cranberries? How do cranberries taste? *A little tart.*
- Now let's talk about how the cranberries look. What color do you see? *Red and green leaves.* What about the shape? *Circle.*
- What color do you think the cranberries are on the inside? *Light pink or white. (Show cranberry half)* How do you think it feels on the inside? *Soft and Juicy.*
- How do you think the cranberry feels? *Firm and smooth.* I'm going to let everyone hold a cranberry. *(Pass around so everyone can feel the whole cranberry)*
- How does the cranberry grow? It grows in bogs. *(Show picture of the cranberry bog)*
- Do cranberries grow in South Carolina? *No, they grow in Massachusetts, New Jersey, Oregon and Washington.*
- Time to sing a song about cranberries!

# Tiny Taste – See How We Grow

# MONTHLY NEWSLETTER

Dear Parent or Guardian,

This month your child learned about

## Cranberry!

### Fun Facts

- Cranberry is a native evergreen shrub that grows throughout North America in wet areas such as bogs.
- Cranberries are a favorite part of Thanksgiving celebrations, eaten as cranberry sauce, cranberry drinks, and dried cranberries added to stuffing, casseroles or dessert.

### Nutrition Profile

- Cranberries are a healthy food, due to their high nutrient and antioxidant content. They are often called a “**super food.**”
- Half a cup of cranberries has only **25 calories.**
- The nutrients in cranberries may help to lower the risk of urinary tract infection, prevent certain types of cancer, improve immune function, and decrease blood pressure.

### Tips

- Make a homemade trail mix with unsalted nuts, seeds, and dried cranberries.
- Include a small handful of frozen cranberries in a fruit smoothie.
- Add dried cranberries to your oatmeal or whole grain cereal.
- Toss dried or fresh cranberries into your favorite muffin or cookie recipe.
- Include fresh cranberries in a apple dessert like pie or cobbler for extra flavor.

### RECIPE SPOTLIGHT

## Apple Cinnamon Cranberry Sauce

### Ingredients:

- One 12-oz bag of fresh cranberries (3 cups)
- 1 large Granny Smith apple, peeled and diced
- 1 cup orange juice (100% juice)
- $\frac{3}{4}$  cup granulated white sugar
- 1 teaspoon grated fresh ginger
- $\frac{1}{8}$  teaspoon ground cinnamon

### Directions:

1. Rinse and sort cranberries. Discard any bruised, soft berries.
2. In a medium saucepan, combine all of the ingredients and bring to a boil.
3. Continue to boil until the cranberries begin to pop and break down, Simmer until it begins to thicken.
4. Transfer to a bowl, cover and refrigerate until ready to serve. It will thicken more when left at room temperature or when refrigerated.

### Nutritional Information:

**Serving Size:**  $\frac{1}{2}$  cup

**Calories:** 159

**Fat:** 2g

**Sodium:** 2mg

**Sugar:** 34g

**Fiber:** 3g

**Protein:** 1g

## HELPFUL RESOURCES

### Women, Infants and Children’s Program

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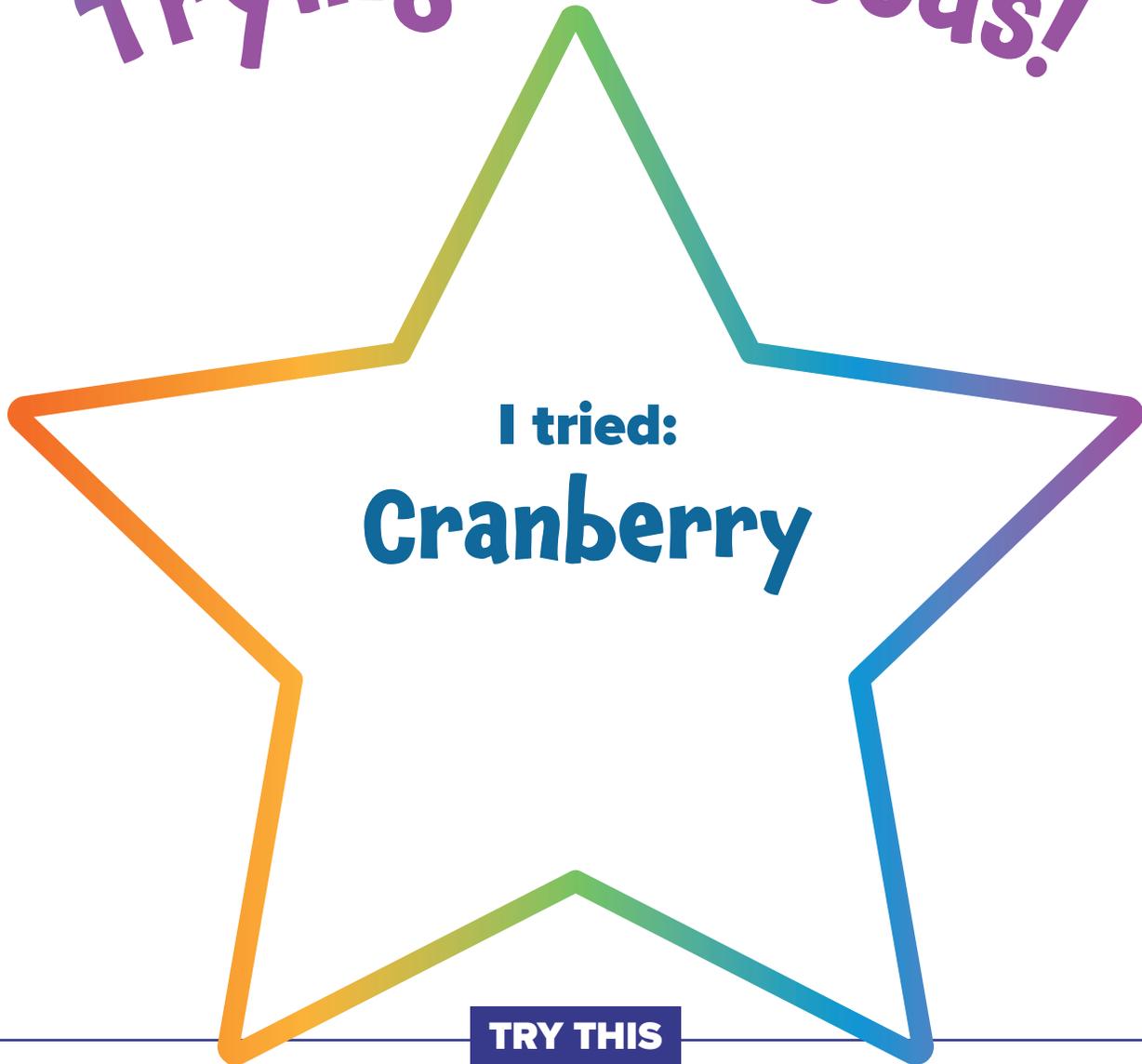
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# Trying New Foods!



## TRY THIS

**Use new words as you explore new foods together. Ask – How does this food:**

**Look?** Green, orange, purple, round, skinny, oval, tiny, huge

**Feel?** Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy

**Sound?** Crunch, crackle, splash, pop, snap

**Taste?** Sweet, salty, bitter, spicy, bland, sour

“This material was funded by USDA’s Supplemental Nutrition Assistance Program -- SNAP.”

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TINY TASTE – SEE HOW WE GROW



EDUCATIONAL CURRICULUM



# CRANK BEERY

# Sweet Potato



## Objectives

### Students will:

- Participate in a food sensory experience and sample Sweet Potato
- Describe how the food feels, tastes, looks, and grows
- Participate in a song and dance associated with the food sampled
- Identify food name and description through reading, writing and counting



## Materials & Handouts

- Whole Sweet Potato
- Picture of a Sweet Potato plant
- Picture of a Sweet Potato cut in half
- Reading/writing activity materials
- Art, craft, and other activity materials
- Nutrition Super Star (Sweet Potato)
- Parent newsletter

## Song



(To the tune of The Patty Cake song)

Sweet Potato, Sweet Potato in a row  
 I'm going to get you with my hoe, hoe, hoe  
 First we wash it  
 Then bake it in its jacket  
 Everybody stand up and make a racket  
 Do the Sweet Potato jig

## Discussion

- Hello, class. I have something in my bag. Can you guess what it is? Look at the bag! Do you think it's something small or big? I am going to give you some clues: It's a starchy vegetable and it comes in 3 colors, Golden yellow, Purple, and orange.
- *When the class guesses the vegetable (or even if they don't) pull the sweet potato out of the bag.*
- Raise your hand if you have eaten Sweet Potato before? Was it roasted? Who likes Sweet Potato? How does Sweet Potato taste? *Sweet or salty and spicy.*
- Now let's talk about how the sweet potato looks. What color do you see? *Brown and orange.* What about the shape? *Football shaped.*
- What color do you think a sweet potato is on the inside? *Yellow, Purple, and Orange. (Show sweet potato half)* How do you think it feels on the inside? *Soft and creamy.*
- How do you think a sweet potato feels? *Rough and hard.* I'm going to let everyone hold the sweet potato. *(Pass around so everyone can feel the whole sweet potato)*
- How does a sweet potato grow? *It grows on a plant. (Show picture of the sweet potato plant)* Does Sweet Potato grow in South Carolina? *Yes!*
- Time to sing a song about Sweet Potato!

# Tiny Taste – See How We Grow

# MONTHLY NEWSLETTER

Dear Parent or Guardian,

This month your child learned about

## Sweet Potato!

### Fun Facts

- Sweet potatoes are in season during Fall and Winter.
- The sweet potatoes from today's taste testing are locally grown in our state of South Carolina!

### Nutrition Profile

- **Beta-carotene**, a powerful antioxidant gives the sweet potato its distinct color. Antioxidants help in preventing cancers, aging symptoms, and other health conditions.
- Sweet potatoes are considered a red/orange, starchy vegetable and are high in Fiber, Vitamin A, Vitamin C and Potassium!
- **Fiber** helps keep your digestive system regular, helps you stay full longer, helps control blood sugar, and lower's cholesterol levels.
- **Vitamin A and C** helps us to see, are important for skin and tissue health, and helps protect us from infections.
- **Potassium** helps regulate blood pressure and is important for nerve and muscles to communicate.

### Selecting and Storing

- **Selecting:** Look for firm, smooth potatoes and avoid potatoes with wrinkled and soft skin.
- **Storing:** Cook sweet potatoes to a minimum internal temperature of 141 F. Place leftover sweet potatoes in a shallow container and store promptly in the refrigerator.

### RECIPE SPOTLIGHT

## Sweet Potato Souffle

### Ingredients:

- 4 sweet potatoes (about 1 pound)
- 3 large egg whites\*
- ½ cup sugar
- 12 ounces non-fat evaporated milk (1 can) \*
- 1 tablespoon vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ginger
- Cooking spray

### Directions:

1. Preheat oven to 400°F
2. Pierce the sweet potatoes 2-3 times each with a sharp knife. Place in microwave for 15 minutes on low-medium power and turn them halfway during microwaving.
3. Remove sweet potatoes from the microwave to cool.
4. Once the potatoes have cooled enough, carefully peel the skin of the potatoes.
5. Add the potatoes and the rest of the ingredients to a food processor or blender. OR mash and mix with a hand-held mixer or stand mixer on medium speed for 1-2 minutes, or until the mixture is smooth and no lumps of sweet potatoes remain.
6. Spray 9-inch by 5-inch baking pan with cooking spray. Pour the sweet potato mixture into the greased baking pan and bake for 40 minutes, or until the souffle is browned and the center is firm.
7. Serve hot. Refrigerate leftovers.

\* Substitute egg whites for ½ cup of unsweetened applesauce.  
Substitute can of milk for 12 ounces of a dairy-free milk.

### Nutritional Information:

Servings: 10  
Serving Size: ½ cup  
Calories: 123  
Fat: 0g  
Sodium: 89mg  
Carbohydrates: 25g  
Protein: 5g

## HELPFUL RESOURCES

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# Trying New Foods!

I tried:  
**Sweet  
Potato**

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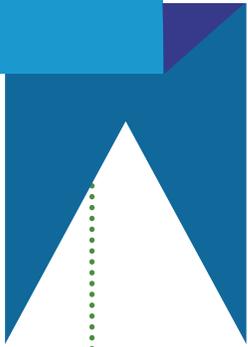
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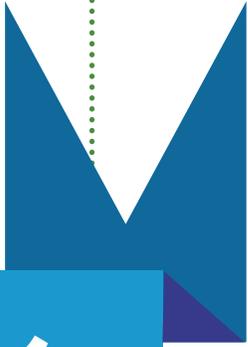


# SWEET POTATO





**TINY TASTE SUPERSTAR**  
CERTIFICATE OF ACHIEVEMENT



**THIS ACKNOWLEDGES THAT AS OF**

---

Month, Date, Year

---

**HAS BEEN RECOGNIZED FOR SUCCESSFULLY  
COMPLETING THE TINY TASTE PROGRAM.**











Healthy People. Healthy Communities.