Section I: Health, Safety, and Nutrition Lesson Plans
Bathe the Baby

ADULT PREPARATION:
1. Fill a baby bathtub with 2" of water.
2. Set a small cup, soap, a washcloth, a towel, and a dressed plastic or rubber baby doll near the bathtub.

PROCEDURES:
The child will complete the following steps:
1. Undress the baby doll.
2. Put the doll in the bathtub.
3. Dip the washcloth in the bath water.
4. Rub soap on the washcloth.
5. Wash the baby with the soapy washcloth.
6. Rinse the soap off by dipping a small cup into the bath water and then pouring the water on the baby doll.
7. Remove the baby doll from the bath.
8. Dry the baby doll with a towel and dress it.

DISCUSSION SUGGESTIONS:
- Babies must never be allowed to be left alone in the bathtub.
- Babies should be bathed starting with the head and then moving downward.

BOOK SUGGESTION:
The Tub People by Pam Conrad (New York: Harper & Row, 1989). A boy takes a bath with his favorite toys, a toy family. One day the toy boy disappears down the drain, but when the tub stops draining, a plumber is called who rescues the toy.
Broccoli Casserole

ADULT PREPARATION:
1. Wash hands.
2. Cook frozen broccoli in the microwave for 10 minutes.
3. Drain the broccoli in a colander and place it in a bowl.
4. Open the can of cream of mushroom soup and put it in a bowl.
5. Put shredded cheese in a bowl.
6. Pour the egg substitute into a bowl.
7. Write each child’s name on the bottom of an individual foil muffin liner.
8. Preheat the oven to 350°.

PROCEDURES:
The child will complete the following steps:
1. Wash hands.
2. Measure and mix the following ingredients in a bowl:
   a. 3 tablespoons and 1 teaspoon chopped broccoli
   b. 2½ tablespoons cream of mushroom soup
   c. 1 tablespoon and 1 teaspoon shredded cheese
   d. 2 teaspoons egg substitute
3. Spoon into the foil muffin liner with his or her name.
4. Place on a baking sheet.
The adult will complete the following steps:
1. Once the baking sheet is full, place the individual broccoli casseroles in the oven.
2. Bake for 10–15 minutes, until the broccoli is thoroughly heated.
3. Let cool for 10 minutes before serving for snack or lunch.

NOTE:
The ingredients will serve 12 children. If desired, all ingredients may be mixed together for a large casserole.

AGES: 3–5

GROUP SIZE:
2–4 children

DEVELOPMENTAL GOALS:
☒ To promote good nutrition
☒ To stimulate fine motor control

LEARNING OBJECTIVE:
Using ingredients and cooking equipment, the child will make an individual broccoli casserole.

MATERIALS:
20 oz. frozen chopped broccoli
Colander
Bowls
Can opener
15 oz. can cream of mushroom soup
8 oz. shredded mozzarella cheese
¼ cup egg substitute
Jumbo foil muffin liners
Permanent marker
Measuring spoons and cups

continued

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DISCUSSION SUGGESTIONS:

- Broccoli is a vegetable.
- According to the Food Guide Pyramid, children need approximately 1–2 cups of vegetables per day.
- Visit http://www.mypyramid.gov for the amounts of vegetables each age group requires.
Comb and Brush Art

ADULT PREPARATION:
1. Trace the head pattern onto construction paper and cut one for each child.
2. Make a paint blotter for each color of paint by using a plate or pan.
3. Put paint (mixed with dish soap) in the plate or pan.
4. Fold a paper towel to fit the pan, lay it in the paint, and then flip the paper towel over.
5. Cover the table with newspaper.

PROCEDURES:
The child will complete the following steps:
1. Put on a smock.
2. Press the comb or brush into the paint.
3. Run the comb or brush across the paper.

NOTE:
Soap is mixed with the tempera paint for easier cleanup.

DISCUSSION SUGGESTIONS:
✶ People often say, “Hair is your crowning glory.”
✶ Hair should be brushed or combed daily.

BOOK SUGGESTION:
Uncle Jed’s Barbershop by Margaree King Mitchell (New York: Simon & Schuster Books for Young Readers, 1993). Uncle Jed dreams of owning a barbershop. Although he has many setbacks, he never lets go of his dream. Finally, at the age of 79, his dream comes to fruition.

AGES: 3–5

GROUP SIZE:
2–4 children

DEVELOPMENTAL GOALS:
✶ To encourage good hygiene
✶ To develop fine motor skills

LEARNING OBJECTIVE:
Using art supplies, the child will paint with a comb and brush.

MATERIALS:
Pencil
Head pattern (Appendix A1)
Construction paper
Scissors
Plate or pan
Liquid tempera paint
Dish soap
Paper towel
Newspaper
Smock
Comb or brush
Cozy Caterpillars

ADULT PREPARATION:
1. Wash hands.
2. Wash carrots, celery, and cucumbers.
3. Cut carrots, celery, and cucumbers into small pieces.
4. Set all vegetables on separate plates.
5. Place whipped cream cheese in a bowl.
6. Write children’s names on the edge of a paper plate with a permanent marker.

PROCEDURES:
The child will complete the following steps:
1. Wash hands.
2. Select plate with his or her name.
3. Count and place three pieces of carrots, three pieces of celery, and three pieces of cucumbers on his or her plate.
4. Place a spoonful of whipped cream cheese on the plate.
5. Pattern the vegetables on the plate (carrot, celery, cucumber, carrot, celery, cucumber, carrot, celery, and then cucumber).
6. Use a plastic knife to place whipped cream cheese between each vegetable. Press the vegetable into the cream cheese. The cheese will adhere the caterpillar pieces together.

The adult will complete the following step:
1. Place the plates in the refrigerator until needed for lunch or snack.

DISCUSSION SUGGESTIONS:
✄ Vegetables are needed to help the body grow.
✄ Children should eat approximately 1–2 cups of vegetables a day.

BOOK SUGGESTION:
Deputy Danger Ditty

**ADULT PREPARATION:**
1. Copy and cut a star pattern for each child.
2. Write each child’s name on a star.
3. Punch a hole in the top of the star and string yarn through the hole to make a star necklace badge for each child.

**PROCEDURES:**
The child will complete the following steps:
1. Select and wear the star necklace badge with their name.
2. Repeat the following echo song as the teacher sings to the tune of *She’ll Be Coming Round the Mountain*.

**Deputy Danger Ditty**

The deputy’s watching out for danger when it comes
The deputy’s watching out for danger when it comes
The deputy’s watching out for danger, the deputy’s watching out for danger when it comes.

We’ll call 911 on our phone when it comes.
We’ll call 911 on our phone when it comes.
We’ll call 911 on our phone, we’ll call 911 on our phone, we’ll call 911 on our phone when it comes.

**DISCUSSION SUGGESTIONS:**
pees Stress to the children that 911 is only called in emergencies.
pees What constitutes an emergency? (fire, injuries, and accidents)
pees What is done in an emergency? (Move to a safe location, call 911.)

**EXPANSION:**
Write 911 on an index card. Place the written emergency number and telephones on the table in the dramatic play area. Let children pretend there is an emergency and practice calling 911.
Safety Sort

ADULT PREPARATION:
1. Cut construction paper into squares.
2. Find a picture of the following items from magazines or the computer, then cut and glue the pictures onto the construction paper squares:
   a. Bicycle
   b. Tricycle
   c. Electrical outlets
   d. Stairs
   e. Rollerblades
   f. Roller skates
   g. Fire
   h. Cabinet doors with handles
3. Lay the cards on the table in a stack.
4. Place the bike helmet, electrical outlet safety cover, Smoke detector, knee & elbow pads, and cabinet locks on the table in a left-to-right progression.

PROCEDURES:
The child will complete the following steps:
1. Identify the safety items on the table.
2. Select a card and identify the picture in the card.
3. Select the item on the table that will make the object safe.
4. Explain how the item makes the object safe, with adult assistance if needed.

DISCUSSION SUGGESTIONS:
û A helmet protects the head when riding bikes, tricycles, or scooters.
û Electrical outlet covers are used to keep young children from sticking things in outlets that may hurt them.
û Knee and elbow pads help protect those parts of the body if doing an activity where falling is a possibility.

AGES: 3–5

GROUP SIZE:
2–3 children

DEVELOPMENTAL GOALS:
û To identify safety practices
û To develop cognitive abilities

LEARNING OBJECTIVE:
Using various safety equipment and pictures, the child will classify objects.

MATERIALS:
Scissors
Construction paper
Pictures from magazines or computer
Rubber cement
Bike helmet
Electrical outlet safety cover
Smoke detector
Knee & elbow pads
Cabinet locks
Safety Sort continued

- Smoke detectors alert us to the danger of fire.
- A stair gate keeps people away from stairs or rooms where they may get hurt.
- Cabinet locks keep small children and pets away from chemicals or other harmful or breakable things in cupboards.

**EXPANSION:**

Use pictures of community helpers and match them with objects they use to keep people healthy and safe.
Veggie Pizza

ADULT PREPARATION:
1. Preheat the oven to 350°.
2. Wash hands.
3. Separate crescent roll dough into triangles.
4. Place each triangle on a baking sheet approximately 1”–2” apart.
5. Bake the triangles for approximately 10 minutes or until golden brown.
6. Cool the triangles completely, either on the counter or in the refrigerator.
7. Mix together the softened cream cheese, mayonnaise, and dry salad dressing packet.
8. Dice the fresh vegetables and place them in separate bowls.
9. Place shredded cheddar cheese in a separate bowl.
10. Write children’s names on paper plates and place a cooled crescent triangle on each plate.
11. Place a spoonful of cream cheese mixture on each plate.

PROCEDURES:
The child will complete the following steps:
1. Wash hands.
2. Select the plate with his or her name.
3. Use a plastic knife to spread the cream cheese mixture on the crescent triangle.
4. Use a spoon to place selected chopped vegetables on the cream cheese.
5. Top with shredded cheese.
6. Set plate of veggie pizza to the side to eat for snack or lunch.

AGES: 3–5

GROUP SIZE: 2–3 children

DEVELOPMENTAL GOALS:
❖ To develop healthy food habits
❖ To enhance eye-hand coordination

LEARNING OBJECTIVE:
Using ingredients and cooking equipment, the child will make a healthy food.

MATERIALS:
- Baking sheet
- Refrigerated cans of crescent dough
- 16 oz. softened cream cheese
- Mayonnaise
- Package of dry salad dressing mix
- Cutting board
- Paring or chopping knife
DISCUSSION SUGGESTIONS:

- Veggie pizza consists of many food groups. It has the dairy group—cream cheese; the grain group—the crust; and the vegetable group.
- Eating healthy food keeps us healthy.
- Many vegetables contain both vitamins A and C. Vitamin C helps the body fight infections. Vitamin A promotes growth and helps keep the skin healthy.

BOOK SUGGESTION:

*Gregory the Terrible Eater* by Mitchell Sharmat (New York: Scholastic, Inc., 1980). Little Gregory Goat wanted to eat fruits, vegetables, and other healthy people food rather than the goat food his family wanted him to eat.

MATERIALS:

- Fresh vegetables such as broccoli, cauliflower, carrots, tomatoes, and green peppers
- Bowls
- Paper plates
- Permanent marker
- Plastic knives
- Spoons
Appendix A

A1. HEAD PATTERN
A2. STAR PATTERN