



Colorful Plate Spinners: Preschool Lesson

get
Local
@school

Objectives

- Children gain interest and learn to identify new local fruits and vegetables through making colorful plate spinners.
- Children increase color identification and grouping skills.

NC Foundations for Early Learning and Development

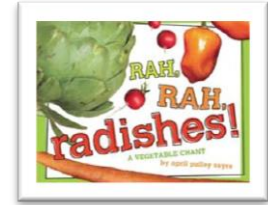
Goals Addressed:

APL-8

HPD-1

LDC-1

CD-1, CD-4, CD-11



Book to Read

Rah, Rah, Radishes!: A

Vegetable Chant

by April Pulley Sayre

Materials

-Paper plates

-Scissors

-Glue

-Photos or magazine cutouts of different local fruits and vegetables in a variety of colors for each child

Preparation

Draw a spiral on each paper plate (see picture) and cut the paper plates along that line. Cut out pictures of vegetables or let older children do the cutting themselves.



Activities

Discussion

Talk with the children about what a healthy breakfast, dinner, or lunch plate looks like. Point out that a healthy meal includes lots of different colors of fruits and vegetables. Give each child a set of fruit and vegetable pictures and ask them to organize the pictures by color.

Create the fruit and vegetable plate spinner

Give each child a pre-cut paper plate and glue. Ask children to glue the vegetables onto their paper plates. Older children can make rainbow spinners by grouping all of the different colored vegetables together as they glue. Once the glue has dried, the spinner will be ready to hang! Optional: have children color the paper plate spinner and then glue the fruit and vegetable pictures on the matching color.

