



Lesson 1: I Will Never Not Ever Eat a Tomato

Nutrition Objectives:

1. Students will learn that it is important to try new fruits and vegetables.

Supplies/Materials:

- I Will Never Not Ever Eat a Tomato book by Lauren Child
- Eat Smart...Eat More Fruits and Veggies worksheet (one for each student)
- Focus on Fruit word search (one for each student)

Lesson:

Say→ Today we are going to read a story about a little girl named Lola and her brother named Charlie. Lola is a very fussy eater.

- Show the students some of the pictures in the book.

Ask→ What do I mean when I say that Lola is a fussy or a picky eater? (*She doesn't like a lot of foods.*)

Ask→ What food might you eat now that you didn't eat when you were younger?

Ask→ Have you ever said that you don't like a food even though you've never tried it?

Ask→ Do you think that is a good idea? Why not?

Ask→ What do you think will happen in this story?

- Read the story aloud to the class.

Ask→ What was the problem in this story? (*Lola wouldn't eat a lot of foods.*)

Ask→ How was the problem solved? (*Charlie made up funny names for the foods.*)

Ask→ How did Lola change in the story? (*She began eating foods that she said she didn't like.*)

Ask→ How did Charlie get Lola to eat the foods she disliked in the story? (*by calling them different names*)

Ask→ Do you think you would eat a food you dislike if you made up a different name for it?

Say→ During the school year you will be getting fruits and vegetables for snacks. Fruits and vegetables are important for your body because they help you grow and keep you healthy.

Say→ You need a lot of different kinds of fruits and vegetables to keep you healthy.

Say→ That's why it's really important for you to try new fruits and vegetables. Even if you didn't like a fruit or vegetable before, I want you to try it again.

Say→ Let's think about the fruits and vegetables you don't like as foods that you don't like **yet**.

Say→ Sometimes you have to try a new food at least 10 times before you like it.

Ask→ Have you ever heard of taste buds? (*explain*)

Say→ As you grow and your body changes, you might be surprised that your taste buds change, too.

Activity # 1: Eat Smart...Eat More Fruits and Veggies worksheet

Activity #2: Focus on Fruits word search