

TIPS FOR BUSY PROFESSIONALS



UNIVERSITY OF CALIFORNIA
COOPERATIVE EXTENSION-ALAMEDA COUNTY



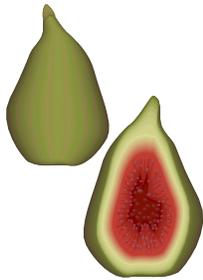
Promoting Nutrition Education and Physical Activity with Preschoolers

OPN #N197

May 2005

F Is for Figs

Did you know?



Figs are trees in the mulberry family. They have no blossoms - the fig is inside the fruit.

Figs are ancient fruit used by the Egyptians over 6,000 years ago, and were Cleopatra's favorite fruit

Figs are the sweetest of all fruits and have 55% sugar content

Healthy & Nutritious Fruits & Vegetables

The 2005 *USDA Dietary Guidelines for Americans* recommends eating a variety of fruits & vegetables each day. Be sure to include 5 different vegetables from the subgroups (dark green, orange, legumes, starchy vegetables and other vegetables) several times a week.

Fig Activity (Reverse side)

Connections to California Child Desired Results (3 Years to Pre-K)*

Child Desired Result 1: Indicators 2-5

Child Desired Result 2: Indicators 1-4

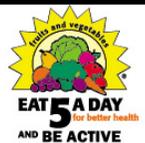
Child Desired Result 3: Indicator 1

Child Desired Result 4: Indicator 1

*California Department of Education. Child Development Division - September 2003



UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION - ALAMEDA COUNTY
1131 Harbor Bay Parkway, Suite 131, Alameda, CA 94502
Phone (510) 567-6812 ~ FAX (510) 748-9644
<http://neta.ucdavis.edu>



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Activity: The Spider & Fig Sing-a-long



Preschoolers sing and make lively movement while learning about their classmate's favorite fruits and vegetables.

Materials Needed:

- * Figs (one per student)
- * Designate an area with plenty of space. May be done indoors or outdoors.
- * *Fig Banana Smoothie* recipe ingredients (see below)

Physical Activity & Song Lyrics:

1. Teach children the words to the song *Eensy Weensy Spider*.

The eensy weensy spider
Crawled up the water spout
('Climb' up arm)
Down came the rain
(Wiggle fingers down from head to waist)
And washed the spider out
(Throw arms to sides)
Out came the sun and dried up all the rain
(Raise hands above head, make circle for sun)
And the eensy weensy spider
Crawled up the spout again.
('Climb' up arm again)

2. Once children have mastered the song, ask them to substitute "fig" in place of the word "spider" (underlined above) in the song, while doing the physical movements accompanying each verse.
3. Circle time: Ask the children where do fruits and vegetables grow (in trees, in the ground, etc.). Do they grow all year round? Figs, apples and oranges grow in a tree. Lets reach out (stretch up) for a fig, for an orange, for an apple,
4. Circle time: Each child shares one fruit and vegetable they eat at home with their family. Every time the teacher will ask where might these fruits and vegetable grow. Tree (stretch out to reach); ground (bend over); leave (wave arms).

Cooking Activity

Make a *Fig Banana Boat* in class. Preschoolers may help to cut the figs in half. Place vanilla yogurt and cottage cheese with 1-2 tablespoon of honey over on a couple of small bowls. Place figs cut in half on plate, each child is given a small paper plate. Each child is given a half fig to make its boat with yogurt or cottage cheese. Optional: add chopped dry fruit