

The Salad Project

Frogs' documentation explains their journey of Salad Making.

Table Top Activities

A small group of children to begin with began playing "pretend cooking". They used different kitchen utensils such as pot, pan, strainers, stove, spatula, etc. They mixed, stirred, poured and boiled the ingredients. More and more joined in this play as the weeks progress. This activity went for more than a month discovering different recipes such as milk tea, pizza, ice cream and salad.



Ivan and Angela explored with the different kitchen utensils in their pretend salad making



Horachel and Ivan made different flavours of milk tea.

Learning Goals:

Language, Literacy and Communication

- ✓ name the different fruits and kitchen utensils use in cooking
- ✓ describe the fruits and materials used by colour, texture and size
- ✓ describe the process of cooking
- ✓ use complete sentences to communicate with peers
- ✓ answer questions related to the process appropriately

Mathematics

- ✓ name colours and shapes of fruits and kitchen utensils
- ✓ show awareness of the use of money
- ✓ sort objects by kind (fruits and vegetables)

Physical and Natural Environment

- ✓ identify healthy food
- ✓ show awareness of the role of a chef and a vendor (community helpers)
- ✓ build prior knowledge about the use of heat (stove) to cook food

Aesthetic Development

- ✓ express self through role play

Physical Health and Motor Development

- ✓ develop motor skills by scooping, pouring, mixing and stirring the ingredients
- ✓ hold kitchen utensils appropriately

Socio-Emotional and Values Development

- ✓ involve in an active and cooperative play
- ✓ able to wait and take turns
- ✓ use kitchen utensils safely
- ✓ answer questions related to the process confidently

Fruity Friday Activities

Even during Fruity Friday, the children seem to enjoy cutting, slicing and peeling fruits.



I showed them how to cut the orange



The children explored the fruits

Learning Goals:

Language, Literacy and Communication

- ✓ name the different fruits and use complete sentences to describe them
- ✓ follow step by step instructions
- ✓ answer questions related to the process appropriately

Mathematics

- ✓ name colours and shapes of the different fruits
- ✓ know the sequence of the process
- ✓ develop number awareness by counting the fruits

On the third week, we decided to ask the children to bring their favourite fruit. They described it with enthusiasm. Then, they cut, sliced and peeled each fruit and mixed them together in a bowl.

Children's random comments:

Abigail: "I like to cut apples"

Axe: "Banana is so hard to cut because it is slimy"



Children cut their favourite fruits

Physical and Natural Environment

- ✓ identify healthy food
- ✓ explore fruits using the sense of touch, taste and smell

Aesthetic Development

- ✓ shows enjoyment in doing the activity

Physical Health and Motor Development

- ✓ develop motor skills by cutting, slicing and peeling the fruits
- ✓ develop motor skills by transferring, mixing and scooping the fruits

Socio-Emotional and Values Development

- ✓ join in a group activity
- ✓ able to wait and take turns
- ✓ use plastic knife safely
- ✓ Answer questions confidently

Their interest about fruits and cutting activity continued to be meaningful to children each passing week.

Cutting the KangKong



The children explored and cut the kangkong



Ivan cut the kangkong stalk into different sizes

Ivan enjoyed cutting the kangkong. He held the knife properly to cut the kangkong stalks into small pieces. As he finishes his kangkong, he asked for more kangkong stalks to cut.

Being observed the same interest from week 1-7, we decided to add real vegetables for the table top activity.

Children's random comments:

Axe: It's hard!
Kenzie: Can we make salad?
Ashleigh: Let's make salad!

What happened next?...

The following day, in response to Kenzie and Ashleigh's comments we talked about salad in one of our group meetings.

Our meeting shows that children have a prior knowledge about the ingredients of salad:

Children's random comments:

Martina: "Apple. I want watermelon."
Gab: "I want watermelon."
Krisha: "I want carrots."
Ms. Lulu: "Let's add boiled potato."

Then, whole class decided to make a salad with the following ingredients:

- apple
- lettuce
- carrots
- boiled potato
- boiled egg

Learning Goals:

Language, Literacy and Communication

- ✓ name the fruits that they want for fruit salad
- ✓ use complete sentences to answer the question: "What do you want to add in our salad?"
- ✓ give suggestions and share ideas

Mathematics

- ✓ name colours and shapes of fruits
- ✓ develop awareness of big and small

Physical and Natural Environment

- ✓ develop prior knowledge that fruits and vegetables are healthy
- ✓ develop prior knowledge on the effect of healthy food to our body

Aesthetic Development

- ✓ show enjoyment in doing the activity

Physical Health and Motor Development

- ✓ develop motor skills by cutting the kangkong

Socio-Emotional and Values

Development

- ✓ able to work within the personal space independently
- ✓ use plastic knife safely
- ✓ give suggestions and share ideas confidently

Our Salad Making Day

What do we need?



The salad ingredients



Our finished product

Learning Goals:

Language, Literacy and Communication

- ✓ name the fruits and vegetables that are in the salad
- ✓ use complete sentences to describe the taste and texture of the fruits and vegetables
- ✓ use complete sentences to communicate with peers

Mathematics

- ✓ name colours and shapes of the fruits and vegetables
- ✓ develop awareness of measurement

Physical and Natural Environment

- ✓ build prior knowledge that fruits and vegetables are healthy
- ✓ develop prior knowledge on the effect of healthy food to our body

- 1 pc. apple
- 1 pc. cucumber
- 1 pc. boiled potato
- 1 pc. carrot
- 1 pc. hard boiled egg
- lettuce
- huge container
- plastic knife
- big spoon for mixing
- paper plate

Here's how:

- Wash the ingredients.
- Chop/slice the ingredients one by one.
- Transfer the chopped/sliced fruits and vegetables in a huge container.
- Mix the ingredients with a big spoon.

- ✓ explore the fruits and vegetables using the sense of touch, taste and smell

Aesthetic Development

- ✓ show enjoyment in doing the activity

Physical Health and Motor Development

- ✓ develop motor skills by cutting and mixing the different fruits and vegetables

Socio-Emotional and Values Development

- ✓ able to work within the personal space independently
- ✓ use plastic knife safely
- ✓ give suggestions and share ideas confidently
- ✓ wait and take turns in mixing the salad

That day, the children came very excited to make the salad. We prepared all the ingredients and materials needed. We gathered around the table and talked about the procedure and how to hold the knife properly.

Everyone were so cooperative and seemed to enjoy what they were doing.

Children's random comments:

- Parker: "It's crunchy"
Kenzie: "I want apple."
Horachel: "I want carrots."



Ivan cut each ingredient for the salad

Ivan was very focused in cutting the fruits and vegetables for the salad. He made sure to hold the fruits and vegetables with his left hand while cutting them into small sizes.

As we continue to explore about salad, we began to reflect on the effect of healthy food to our body. It quickly became apparent that the children understand the good effect of healthy food to our body. They shared valuable insights about healthy eating. Fruits and vegetables make us:

- strong
- fast
- grow

The children always seemed to gravitate towards the concept of healthy eating. We decided to add printed fruits and vegetables for table top. They coloured each picture carefully. Then, cut them one by one. Alice, Ashleigh, Maveen and Angela gave importance to the details of the each picture. They glued them on a paper and hanged their finished art work in our Art Area.



Our Group Meeting about the effect of healthy food

As an extension to this project, we talked about our favourite fruits/vegetables:

Name	Favourite Fruit
Angela	Banana
Horachel	Mango
Mark	Strawberry
Manveen	Grapes
Abigail	Orange
Ivan	Banana
Lilly	Mango
Axe	Apple
Kourtney	Mango
Ms. Alex	Melon
Ms. Jale	Kiwi
Ms. Lulu	banana



Ivan worked on his Salad Art



Ivan worked on his Healthy and Unhealthy Food Art

Learning Goals:

Language, Literacy and Communication

- ✓ name the fruits and vegetables in the pictures
- ✓ name the healthy food
- ✓ use complete sentences to communicate with peers

Mathematics

- ✓ name the colour and shape of fruits and vegetables
- ✓ sort objects by kind (healthy and unhealthy)
- ✓ see actual colour for each fruit

Physical and Natural Environment

- ✓ build prior knowledge that fruits and vegetables are healthy
- ✓ develop prior knowledge on the effect of healthy food to our body

Aesthetic Development

- ✓ show enjoyment in doing the activity
- ✓ colour inside the picture

Physical Health and Motor Development

- ✓ develop motor skills by cutting and colouring

develop motor skills by spreading the glue stick and pasting the cut out fruits and vegetables

Socio-Emotional and Values Development

- ✓ use scissors safely
- ✓ give suggestions/share ideas confidently
- ✓ wait and take turn
- ✓ work cooperatively in a group